ISSUE 6: SEPTEMBER 2006 - NOVEMBER 2006

GO PHANGAN

POCKET GUIDE - FREE COPY - POCKET GUIDE - FREE COPY

TRAVEL INFORMATION P16
Ferry, Bus, Train & Flights

HEALTH & SPA P46
Massage Courses, Retreats, Yoga

SCUBA DIVING P24
The Best Dive Sites Around Koh Phangan

ADVENTURE & ACTIVITIES P52
Explore Koh Phangan

ISLAND MAP P142

HAADRIN * THONGSALA * BANTAI * THONG NAI PAN * SURATTHANI * SAMUI & MORE

Wi Fi ZONE
ichiwawa.net



WWW.PHANGAN.INFO
INFORMATION, MAPS, RESTAURANTS & HOTELS
ONLINE ISLAND GUIDE TO KOH PHANGAN

Thailand
HAPPINESS ON EARTH

WWW.PHANGAN.INFO ONLINE RESERVATION & ISLAND GUIDE

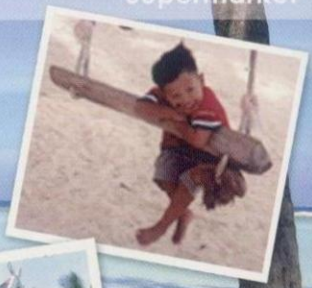
funk.soul.jazz
funk.hip hop

ju ju bar
"it's all in the music"
Open August, Haad Yao

".....think about your holiday, think about us....."

CBR
Chaloklum Bay Resort
โฉลกหล่ำ เบย์ รีสอร์ท

Air-Con or Fan Bungalows
Hot Water
Modern Bathrooms
Fresh Local Thai Food
Western Cuisine
Tour & Travel
International Call & Fax
Supermarket









Ao Chaloklum Beach, Koh Phangan, Suratthani 84280, Thailand
Reservation Tel: +66 (0)77 374147-8, Fax: +66 (0)77 374222
Email: reservation@chaloklumbay.com, Website: www.chaloklumbay.com



HAAD SON RESORT KOH PHANGAN











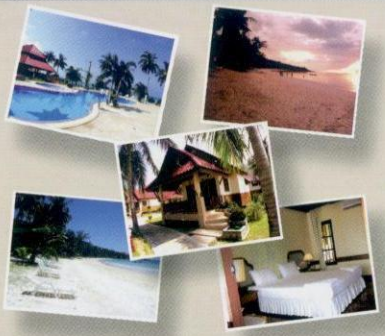
- Viewpoint Swimming Pool
- Air-Con or Fan Bungalow
- Superb Local Thai & Western Cuisine
- Private Beach
- Stunning Sunset Views
- Excellent Snorkelling

Haad Son, Moo 8, Koh Phangan
Suratthani 84280, Thailand
Tel: +66 (0)77 349103-4
Fax: +66 (0)77 349103

Reservation:haadson@phangan.info
e-mail:haadson@hotmail.com
www.phangan.info/haadson
www.haadson.info

WELCOME TO LONG BAY RESORT





LONG BAY
RESORT

Long Bay Resort, Haad Yao, Koh Phangan, Suratthani 84280
Tel: +66 (0)77 349057-9, Fax: +66 (0)77 349049
Email: long_bay_resort@hotmail.com, Website: www.long-bay.com

Editor
Chontira Pa Em

Photography
Chontira Pa Em, Wasit Buasamui

Artwork
Wasit Buasamui

Advertising Sales
Makkhalin Srisubut
Tel: 077 238766
Email: guidebook@phangan.info

GO PHANGAN Pocket Guide is Published by
PHANGAN INFO CO. LTD.
101/12 Moo 1, Thongsala. Koh Phangan
Suratthani 84280, Thailand
Tel: 077 238765

Printing
POST PUBLISHING CO. LTD.
136 Na Ranong Road, Klong Toey
Bangkok 10110, Thailand
Tel: 02 240 3700

Front Cover
Lunch on the Beach at
Ocean View Resort, Haad Khom

Acknowledgements
Dive Photographs provided by Lotus Diving, Haad Yao Divers & Chaloklum Diving
Dive Section edited by Haad Yao Divers

Copyright 2006
PHANGAN INFO CO. LTD.
All rights reserved

PHANGAN.INFO

CONTENTS

Map Directory
Directory of Maps.....04

About Koh Phangan
History, Services & Safety, Medical.....06

Travel Information
Ferry Timetables, Travel Agents.....16

Scuba Diving & Snorkelling
Koh Ma, Koh Phangan Dive Sites.....24

Full Moon Party & Beyond
Half Moon, Black Moon, Other Parties
Clubs, Bars.....36

Health & Spa
Massage, Yoga, Healing.....46

Adventure & Activities
Thai Boxing, Fitness Gym, Fishing
Sailing, Boat Trips, Paintball.....52

Places to Visit
Waterfalls, Temples, Trekking.....64

South West
Thongsala, Ban Tai, Ban Khai.....68

South East
Haad Rin, Haad Yuan, Haad Leela.....86

North West
Srithanu, Haad Yao, Chaloklum.....108

North East
Bottle Beach, Thong Nai Pan
Than Sadet Waterfall.....122

Business Directory.....132

Island Map.....140

MAP OF KOH PHANGAN



SOUTH WEST	SOUTH EAST	NORTH WEST	NORTH EAST
Wok Tum	Haad Rin Nok	Ao Hin Kong	Thong Nai Pan Noi
Ao Plaaylaem	Haad Rin Nai	Ao Srithanu	Thong Nai Pan Yai
Ao Nai Wok	Haad Khontee	Haad Chao Phao	Haad Khuat
Thongsala	Haad Leela	Haad Son	Haad Sadet
Ao Bang Charu	Ao Hin Lor	Haad Yao	Haad Thong Reng
Ao Ban Tai	Haad Yuan	Haad Thian	Haad Yang
Ao Ban Khai	Haad Thian	Haad Gruad	
	Haad Wainam	Haad Salad	
	Haad Yao	Haad Mae Haad	
		Ao Chaloklum	

MAP DIRECTORY

To make it easier to find your way and introduce the best spots on the island this guide book is split into different regional sections, including specific information for each area. An important part of the guide book are the maps, listed below:

Thailand Map.....p07
Bus, Ferry & Train Travel Routes.....p17
Scuba Diving and Snorkelling.....p25
Koh Ma Island.....p26
Full Moon Party.....p35
Things to do and see.....p67
South West.....p69
Around Thongsala.....p70
Thongsala.....p74-75
Ban Tai & Ban Khai.....p76
South East.....p87
Haad Rin.....p94-95
North West.....p109
Srithanu & Haad Chao Phao.....p110
Haad Yao, Haad Salad & Mae Haad....p112
Chaloklum.....p114
North East.....p123
Thong Nai Pan.....p124
Island Map.....p140-1

MAP ICONS







PHANGAN.INFO
WWW.PHANGAN.INFO
SECURE ONLINE CREDIT CARD RESERVATION

ABOUT KOH PHANGAN

WWW.PHANGAN.INFO

WHERE IS KOH PHANGAN?

Koh Phangan is located in Jangwat (province) Suratthani in the Southern Gulf of Thailand and is part of the group of islands that make up the Samui Archipelago; a group of over 40 islands fashioned in granite from age old igneous formations. The provincial capital is also called Suratthani and acts as the main overland transport hub for the islands. Koh Phangan is 70kms from the mainland and approximately 12kms away from Koh Samui which acts as the main air-link to Koh Phangan.

HISTORY AND FACTS

Koh Phangan has always been a beautiful and spiritual place for the Thai people, it has been visited by no less than four Kings of Thailand; with the Great Rama V coming over 10 times, leaving his royal seal engraved on a rock at Thaan Sadet Waterfall; and the current King Bhumibol following in his footsteps. The island was uninhabited until about 600 years ago when passing monks realised its tranquillity and spiritual importance and settled in Wat Phu Khao Noi just outside Thongsala. It is Thailand's fifth biggest island and has an area of 167km^2, thus over 90% of Phangan is unspoilt tropical forest; and due to its granite structure, there are several small mountains where it's possible to trek and even camp. There is an abundance of wildlife from monkeys to birds of paradise and then there is the amazing underwater world that surrounds Koh Phangan; with over 10kms of vibrant coral and 20 local dive sites. And if you have any energy after that, there is the nightlife that the island became internationally famous for, with the globally renowned Full Moon Party and weekly outdoor events in jungle and beachfront venues; not forgetting the daily session that goes off in Haad Rin.

ECO-TOURISM

Koh Phangan has been officially designated as a zone for eco-tourism, so if you are planning to visit make sure that you join in. There are plenty of activities such as doing a local trek up the highest mountain or beach hopping along the east coast - check out the trekking section at *page 61*. For those that need a bit more speed pick up a mountain bike for around 80 Baht per day. *See page 52* for our recommended routes.

MONEY

If you have plastic or travellers cheques, there are plenty of places to get cash; the main towns of Thongsala and Haad Rin have the best selection of exchange booths and banks, who all offer similar rates. Most towns have ATMs and there are a few 7-Eleven's, supermarkets and resorts with them.

Take a look at our town maps of Thongsala (*page 74*) and Haad Rin (*page 94*) if you are looking for banks or money exchange services.

Climate

Month	Average High (°c)	Average Low(°c)	Average Rain (mm)
January	29.1	24.1	144.5
February	29.5	25.2	33.3
March	30.8	25.8	50
April	32.1	26.2	85.8
May	32.5	25.8	157.5
June	32.2	25.6	92.8
July	31.9	25.1	130.9
August	31.8	25.2	105.5
September	31.5	24.9	113.2
October	31.5	24.9	265.9
November	29.5	24.1	526.1
December	29.0	23.9	203.1

MAP OF THAILAND



Distances to Koh Phangan:

Bangkok - 744km
Chiang Mai - 1440km
Suratthani - 100km
Phuket - 387km
Koh Samui - 20km
Hat Yai - 387km
Kanchanburi - 758km
Koh Tao - 45km
Krabi - 311km
Chumphon - 293km
Hua Hin - 544km
Ranong - 319km
Sungai Kolok - 669km

MEDICAL SERVICES

Koh Phangan Hospital near Thongsala has a good standard of care but lacks facilities, there is an X-ray machine, excellent motorbike wound repair and a weekly dental clinic, but should really be considered as your family doctor and not as fully equipped as Thai hospitals can be. Samui offers several choices if you need good care and the Koh Phangan Hospital will quickly hand over cases they can't handle whilst arranging a speedboat if necessary.

If it is not too serious then there are numerous clinics around the island, the best being the Haad Rin Inter Clinic in Haad Rin, bigger Hospitals are available on Koh Samui and also in Suratthani.

Telephone Nos.

Police Station	077 377114
Phangan Tourist Assoc.	09 4694719
Emergency Call	191
Mastercard Hotline	001800118870663
VISA Hotline	0018004413485
Post Office	077 377118
Koh Phangan Hospital	077 375103
Haad Rin Inter Clinic	077 425382
Bangkok Airways	1771
Raja Ferry	077 371151
Lomprayah Ferry	077 238412
Songserm Ferry	077 377704
Seatran Ferry	077 238129
Haad Rin Queen Ferry	077 375113
999 Government Bus	077 238507
State Railway Thailand	022 204334
Phangan Tour	077 205799
Phangan Animal Care	077 238375

DANGERS AND ANNOYANCES

Koh Phangan is a very safe place where most troubles are self inflicted; with drink driving and drug arrests the biggest problem makers. Motorbike accidents are fairly common; the unsightly scar has become known as a "Koh Phangan Tattoo" so you should always wear a helmet and shoes; most of the roads here are concrete now so they are crucial, jeans and a jacket are advisable. If you are an inexperienced rider, be careful on sandy corners and do not attempt the hills of Haad Rin or Thong Nai Pan. Taxis and rental jeeps are cheap, especially if you hire one in a group!

Our advice is don't be tempted by drugs; this island has had a bad reputation for a long time and the open taking of drugs is not tolerated. Thailand has also had a crackdown and the police are very hot on stopping the problem. The days are gone when you could buy your way out for a few dollars and the penalties in Thailand are harsh to say the least - expect a hefty fine and possibly an extended jail term if caught.

Theft is uncommon, but if it does happen go to the police station (*see map on page 140*) and get a report for your insurance. Always leave your valuables in the resort safe (especially at FMP) and do not give opportunists the chance, as most theft is through an open bungalow window or from the front basket on the motorbike.

Trekking and rock climbing without a guide or proper equipment is not recommended, the island is a big place and gets dark early. Guides can be contacted at the Phaeng Waterfall National Park (*see page 61*).

PHANGAN.INFO
WWW.PHANGAN.INFO
SECURE ONLINE CREDIT CARD RESERVATION

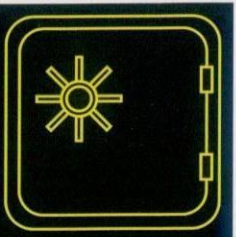
SAFE STORAGE

KOH PHANGAN

www.safestorage.in.th

Located 2 minutes from Thongsala town centre

TEL: 09-6505603 / 09-9908313



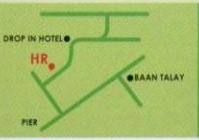
"Do you need to store your possessions/motorbike for any length of time?"

Safe Storage offers dry, secure and affordable storage in various sized units to suit all your requirements.

Dr. Siripong Sanguanprasatporn

Haad Rin Inter Clinic HR

- 24 Hours & Medical Services + On Call With Doctor
- All Major Credit Card & Travel Insurance Accepted



116/20 Haad Rin,
Koh Phangan
Suratthani 84280,
Thailand
Tel: 077 375342, 077 375103
Mobile: 01 3185085

VISA MasterCard

RESCUE SERVICE



Koh Phangan now has a rescue service kindly run by a group of volunteers to help in any kind of medical emergency. The staff are trained at the Narenthorn EMS Center to be skilled in dealing with common life threatening events, such as motorbike accidents. In the unfortunate circumstance that there is a fatality the Rescue service will help by providing support and guidance, contact friends and family, while also dealing with the police and hospital. The service is free and open 24 hours a day, entirely run on donation any kind of offering is wholeheartedly appreciated. Contact the Rescue service on 077 377500, 077 377194 or 01 6989493 (Khun Lek).

TOURIST POLICE

There are currently no Tourist Police officers on Koh Phangan, so if you have experienced a crime and want to make a report, it is best to go to the Police Station near Thongsala (*see map on page 70*) where there are English speaking officers ready to make an official record. If you need assistance at the Full Moon Party, there are volunteers on the beach. For more information telephone the Samui Office on 077 421281 or the hotline on 1155.

PUBLIC TRANSPORT

Songthaew Taxi

A songthaew is a combination of a taxi and a bus and is usually a utility vehicle or pick-up that has been converted to carry people. They work much in the way that public buses do but without bus stops, fare collectors or timetables. Thus if you want to travel at normal price, the car may wait to fill up then pick up and drop off as passengers wish to embark. The most popular route between Haad Rin and Thongsala has a set price of Bt50 per person; but expect this and other prices to double after the last boat arrives.

Longtail Boat

A few years back the only way to get around Koh Phangan was on a longtail boat and it is still a great way to see the island. The east coast beaches of Haad Yuan, Thien, Yao (east) and Yang are best accessed

Taxi Fares

SONGTHAEW TAXI

Thongsala - Haad Rin	50 Baht
Thongsala - Ban Tai	50 Baht
Thongsala - Thong Nai Pan	100 Baht
Thongsala - Chalokum	100 Baht
Thongsala - Haad Yao	100 Baht

MINI-BUS TAXI

Haad Rin - Thongsala	80 Baht
Haad Rin - Chaloklum	150 Baht
Haad Rin - Haad Yao	150 Baht
Haad Rin - Thong Nai Pan	200 Baht

PLEASE NOTE: The taxi fares above are the minimum price per person - prices will change depending on season and time of day. Also, most of the time the taxis will only leave when full, so you may have to wait - if you want to leave immediately or are travelling alone the fare may be up to 500 Baht to hire the taxi.

from Haad Rin Pier via longtail taxi boat as is Bottle Beach from Chaloklum Pier; boat taxis are also available from Thongsala, Ban Tai and most most beaches. Costs are similar to songthaew prices.

MOTORBIKE & JEEP RENTAL

Motorbikes & Mopeds
Mopeds such as the Honda Dream with gears but no clutch and the fully automatic Yamaha Mio are available from Bt150-Bt250 per day. Dirt bikes such as the Honda MTX125 are more suitable for the rougher roads and the more experienced rider, but expect to pay Bt200-Bt350 per day.

Always check the bike before you take it!

As a word of warning, the roads on Koh Phangan are not the best; many steep hills, potholes and patches of dirt and sand. It is easy to end up out of control causing damage to the bike and probably yourself. Wear a helmet and drive carefully; the island is not a race track.

Finally, never drive around with valuables in the front basket; this is a danger and is also an easy target for thieves.



If you are first time driver we recommend that you either take a taxi or get those legs working by renting a mountain bike.

4WD Jeeps
4WD Suzuki Caribbean jeeps are the best way to get around and can be cheap if shared by a group. They range in price from Bt700 for an old banger to Bt1200 per day for a new one. Most are not insured so if you have an accident you will be in for a hefty bill. Shop around if you want insurance and always ask if there is any. Again, do not be tempted to drink and drive, there are very few road barriers and a lot of cliffs.

NO DRINK DRIVING. The police have been instructed to hand out a steep fine for offenders.



PHANGAN.INFO
WWW.PHANGAN.INFO
SECURE ONLINE CREDIT CARD RESERVATION

PHANGAN ANIMAL CARE

PHANGAN ANIMAL CARE

Phangan Animal Care (PAC) has been improving the lives of the island animals since September 2001. As the only animal clinic on the island, they have treated everything from turtles to pelicans and have never turned away a patient in need.

PAC aims to control the dog population by neutering instead of poisoning, and to make the island rabies free through our (now well established) neuter and vaccination programme. They welcome visitors and volunteers at the clinic and are happy to show and explain their work.

PAC is a non-profit organisation, run entirely by volunteers and donations. They need all the help that we can get! You can find donation boxes in bars, restaurants and resorts around the island. Any gift, no matter how small, makes a huge difference to the work that we can do. Just 50 THB pays for a rabies vaccine – that's the price of a beer.

Location: 2km from Thongsala on the Haad Rin road (behind the school)
Email: info@pacthailand.org
Telephone: 09 8757513 or 077 238375
Website: www.pacthailand.org

LOCAL CUSTOMS

As a visitor in Thailand, please respect the local customs to avoid offending other people. In Thailand it is polite to be aware that the following behaviours are considered rude and will reflect badly on other tourists:

1. Don't touch the head of older Thai people, as the head is believed to be the most sacred part of the body.
2. Don't step across the body of Thai people sitting or lying on the floor.
3. Don't disrespect or talk badly about the King and the Royal Family.
4. Always take off shoes before entering into a Thai house or Buddhist Temple.
5. Don't wear a only bikini or swim-suit in the town or while walking around in public places.
6. Generally Thai women are conservative. So do not touch them without their consent.





•BANGKOK»CHUMPHON»KOH TAO»PHANGAN»SAMUI•

Seatran Discovery

DISCOVER THAILAND'S FAMOUS DESTINATIONS

DISCOVER THE FASTEST AND MOST CONVENIENT WAY TO TRAVEL IN THE GULF OF THAILAND.
OUR NEWEST SERVICE LETS YOU MAKE YOUR TRIP AT EASE. SEATRAN DISCOVERY LINK
ALLOWS YOU TO PURCHASE TRAIN, BUS AND FERRY TICKETS ALL AT ONCE

FOR DETAIL& RESERVATIONS
PLEASE CONTACT YOUR AGENT OR TEL 0.7724.6086

DAILY SERVICE



AFFILIATED WITH SEATRAN FERRY CO.,LTD. ISO 9001 : 2000 CERTIFIED

SEATRAN DISCOVERRY CO.,LTD 599/1 RIMTANGROTFAI-CHONGNONSRI RD., KLONGTOEY DISTRICT, BANGKOK 10110 THAILAND
BANGKOK BRANCH TEL. 0.2240.2582 (15 LINES) SAMUI BRANCH TEL. 0.7724.6086-8

Email: info@seatrandiscovery.com www.seatrandiscovery.com

PHANGAN

LIFEGUARD

WANT TO HELP OUR ISLAND PARADISE?
VOLUNTEER LIFEGUARDS & DONATIONS NEEDED!!!

Many people visit Koh Phangan to enjoy the amazing beaches, crystal clear waters and the famous full moon parties.

As so many people are now visiting the parties, the Phangan Safety Fund was set up earlier this year with the help of local representatives (right page) to raise money to purchase lifesaving and medical equipment and provide volunteer lifeguards on Haad Rin Nok beach.

Mr Jan Eklow (pictured below, www.thailiv.com), a school teacher from Sweden, recently visited and committed to providing further donations of equipment at a recent meeting with the islands officials so the fund will soon hopefully be able to purchase a patrol boat with more rescue and medical equipment.

There is currently a Red Cross certified lifeguard, called Allen (below), who is regularly on Haad Rin beach. Stop and have a chat if you are concerned about safety or need some help/advice.

The Phangan Safety Fund still needs more support from volunteer lifeguards and also financial donations. Please visit Backpackers Information Centre or Lotus/Crystal Diving in Haad Rin (077 375535 or send us an email at info@backpackersthailand.com) to provide support.



นายแอ็กโกจากสวีเดน และอาสาสมัครกู้ชีพที่หาดริ้นนอก

SAFETY FUND

อยากช่วยเกาะของเราไหม
ต้องการอาสาสมัครหน่วยกู้ชีพ และเงินบริจาค

หลายคนที่มาที่นี่เพื่อที่จะชื่นชมความสวยงามอย่างน่าทึ่งของชายหาด น้ำใสๆ และฟูลมูนปาร์ตี้ที่ขึ้นชื่อ

เนื่องจากมีคนมาเที่ยวปาร์ตี้เป็นจำนวนมาก "Phangan Safety Fund" จึงได้ก่อตั้งขึ้นเมื่อต้นปีนี้ โดยได้รับการสนับสนุนจากตัวแทนจากเกาะพะงันเพื่อหาเงินจัดซื้ออุปกรณ์ช่วยชีวิต และอุปกรณ์ทางการแพทย์ รวมทั้งจัดหาอาสาสมัครกู้ชีพที่ชายหาดหาดริ้นด้วย นายแจน เอ็กโกล(www.thailiv.com) ครูจากสวีเดน ได้เข้าพบ และบริจาคในกองทุนสำหรับซื้ออุปกรณ์ในการประชุมครั้งล่าสุดกับเจ้าพนักงานอำเภอเกาะพะงัน หวังเป็นอย่างยิ่งว่าจะสามารถใช้เงินจากกองทุนนี้ ซื้อเรือสำหรับช่วยชีวิต และอุปกรณ์ทางการแพทย์ได้ในเร็วๆ นี้

นอกจากนี้ "เอเอฟ" หน่วยกู้ชีพผู้ได้รับการรับรองจากสภากาชาด จะประจำอยู่แถวชายหาดหาดริ้น ทุกสามารถหยุดสงบถาม และพูดคุยกับเธอได้หากมีความกังวลในเรื่องเกี่ยวกับความปลอดภัย หรือต้องการการช่วยเหลือ หรือคำแนะนำ



ตัวแทนธุรกิจผู้สนับสนุน Phangan Safety Fund

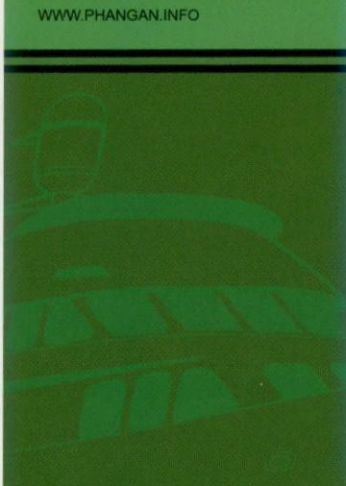


"Phangan Safety Fund"
ยังคงต้องการการสนับสนุนจากอาสาสมัครกู้ชีพ และการบริจาคเงินอยู่ หากต้องการสนับสนุนโครงการ กรุณาติดต่อ Backpacker Information Centre หรือโลตัส/ทริสตัลโดฟวิ่ง ในหาดริ้น (077 375535 หรือ อีเมล์ info@backpackersthailand.com)



TRAVEL INFORMATION

WWW.PHANGAN.INFO



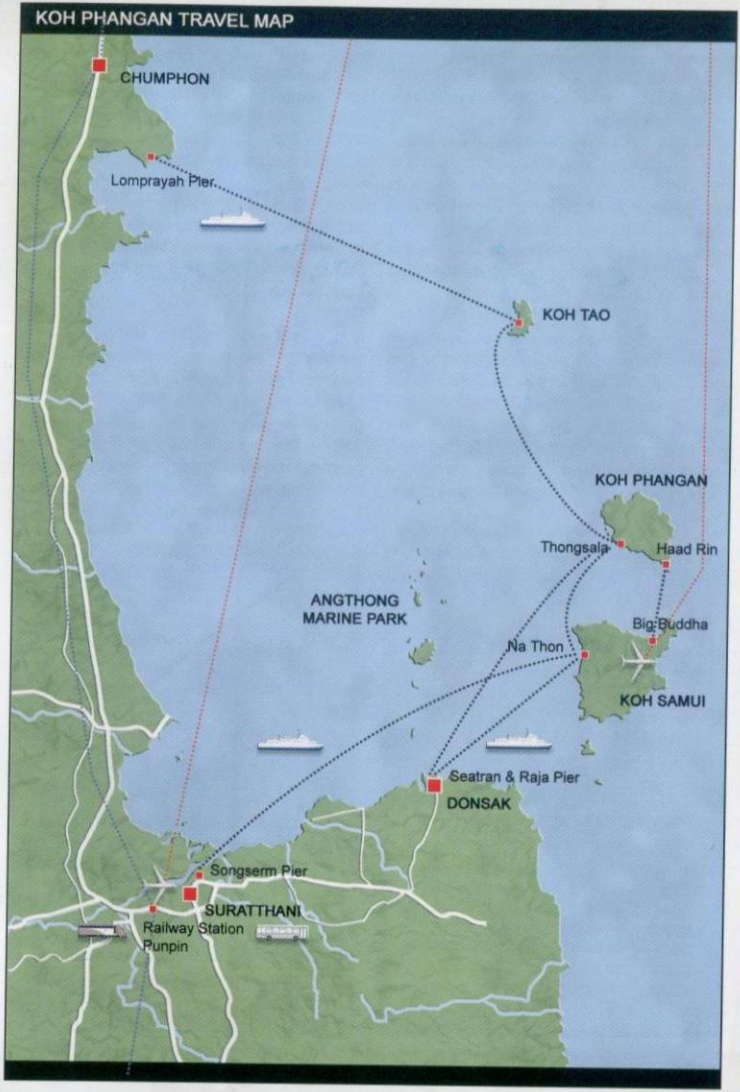
GENERAL INFORMATION

Koh Phangan is most easily accessed via Koh Samui Airport though it is slightly cheaper to fly to the regional transport hub of Suratthani. From Koh Samui a fast boat takes only 30 minutes whereas the journey from the mainland takes around seven times longer. If you come overland, the overnight train is the best option with a first class sleeper carriage ideal for families. Buses are the most economic choice with a trip from Bangkok costing only about 650 Baht, all the way to Koh Phangan. Ferry services are more or less hourly throughout the day from Koh Samui and every couple of hours from the mainland; several boats also go regularly from Koh Tao.

BUS

Most travel agencies will be able to sell an all-in-one ticket from Bangkok to Koh Phangan which includes the bus and ferry ticket for about 650 Baht per person. The price is low because the journey takes all night and is the least comfortable way to travel. Buses depart from Bangkok at around 7pm, arriving early morning in Suratthani in time for the first ferry to the islands. Coming back, there are numerous ferries, but for the bus you will need to depart no later than 1pm. Usually a shuttle bus will drop passengers off in Suratthani to wait until about 7pm at which time the bus will depart to Bangkok. As a more convenient option consider buying a ticket on the well-organised Government Bus which actually goes on the Raja Ferry and saves time and discomfort changing modes of transport – although it is more expensive and will set you back up to 1000 Baht.

There are also several other bus routes (mostly via mini-bus) linking Suratthani with other major destinations.


KOH PHANGAN TRAVEL MAP
CHUMPHON
Lomprayah Pier
KOH TAO
KOH PHANGAN
Thongsala
Haad Rin
ANGTHONG
MARINE PARK
Big Buddha
Na Thon
KOH SAMUI
Seatran & Raja Pier
DONSAK
Songserm Pier
SURATTHANI
Railway Station
Punpin

TRAIN

Second Class (Air Con or Fan) Sleeper trains are the best as you get a table and sofa that turns into fairly spacious beds; the lower bunk is bigger so best. The best of course is First Class with a sink and double bunks in each room, good if you are travelling with a lot of stuff. It is worth booking ahead with a travel agent as the train is a popular choice of transport and fills up quickly during peak periods.

All trains for Phangan stop at Suratthani railway station which is a few miles out of town, so if you have to stay in Suratthani, it is cheapest to lodge near the station. Most trains arrive in the morning and guides take you to buses which transport to the ferry port, approximately a 1 hour drive away. There are plenty of travel offices opposite the railway station.

STATE RAILWAY OF THAILAND



SURAT - BANGKOK		BANGKOK - SURAT	
Depart	Arrive	Depart	Arrive
1040	1935	0805	1620
1646	0445	1300	0009
1722	0505	1510	0153
1945	0740	1705	0343
2025	0515	1735	0503
2107	0810	1820	0530
2204	0830	1930	0611
2300	0940	2250	0801

Tel: 022 204334, Website: www.railway.co.th

AIR

Koh Samui Airport is the most convenient airport, with Bangkok Air flying in over 30 times in a day from Bangkok, Krabi, Phuket, Pattaya, Singapore, Kuala Lumpur or Hong Kong. The last boat leaves for Koh Phangan from Big Buddha Pier at 6:30pm, so for flights arriving later than 5pm you may have to hire a private speedboat or stay in Koh Samui; during FMP there are boats all night from Samui.

It is cheaper to fly from Bangkok to the government airport at Suratthani especially as One-Two-Go (*www.fly12go.com*) is now offering one-way flights for 1,850 Baht per person as is Air Asia (*www.airasia.com*) at slightly cheaper rates, though taxi fares and journey time tend to negate savings. It takes a minimum of 5 hours to get to Koh Phangan from Suratthani Airport and a minimum of 1 hour from Koh Samui.

999 GOVERNMENT BUS TIMETABLE



PHANGAN - BKK		BKK - PHANGAN	
Depart	Arrive	Depart	Arrive
1700	0600	1900	0930
1700 (VIP)	0600	1950 (VIP)	0930
Departs from Raja Ferry Port Thongsala		Departs from Southern Bus Terminal Bangkok	

PhanganTel: 077 238507, 077 238762
Bangkok Tel: 02 434 7192, 02 435 5605

Bangkok Airways



CALL CENTRE: 1771

Bangkok: +66 (0)22 655555
Samui Airport: +66 (0)77 245601-8
Samui Chaweng Reservation:
Tel: +66 (0)77 422512-9, Fax: +66 (0)77 422235

for full schedule check the website
WWW.BANGKOKAIR.COM

UDOMRAT TOUR



อุดมรัตน ทัวร์

Travel Suratthani to/from:

Super VIP Bus

- Bangkok
- Malaysia
- Phuket
- Krabi
- Phi-Phi

Tel: 077 210512, 077 287993
Fax: 077 287994

Pantip Bus Co. Ltd

Transfers to/from Donsak Pier and Suratthani Airport

- Clean & Comfortable
- Fast Service
- Friendly Staff

PHADCAN TOUR

Transfer to/from RAJA Ferry
Suratthani
Railway Sation
Airport

Contact for more details
Tel: 077-205799, 06-2745784

FERRY

If you are coming to Koh Phangan from the mainland, buses, trains and planes all stop around Suratthani where you will be transferred to either a Suratthani jetty for the "*Songserm*" Ferry Service (3½ hours to Koh Phangan) or to Donsak which is a 50 minute bus ride away. If you stay overnight in Suratthani, the hotel will book you a ferry, or alternatively head for "*Phangan Tour*" as they are the main agent for bus transfers to Koh Phangan. From Donsak two main services operate:

Seatran (2½ hours) has a car ferry that leaves twice daily. There is currently no direct service between Phangan and Samui.
Raja (2½ hours) car ferry has six services a day.

From Koh Samui the shortest crossing point is from the Bophut and Mae Nam area where several services run from to Thongsala to Koh Phangan and Koh Tao:

Lomprayah Catamaran (25 mins)
Phangan Cruises (30 mins)
Seatran Discovery (25 mins)

The only service direct to Haad Rin is the *Haad Rin Queen* (50 mins) which also runs the most frequent service and also has a last boat at 6:30pm if you fly in late.

Songserm Express (45 mins) also runs from the main port of Nathon.

If you are in a hurry or arriving too late for any of the regular ferry services then a speedboat may be a good option from Koh Samui. While coming from Suratthani the *Night Boat* departs at 10.00pm which may be able to help out if you don't want to spend the night in a hotel there.



Departing Phangan at 10.00pm, the *Night Boat* arrives at 04.00am and is a popular choice for quick **VISA trips** to Ranong (Burma) as you can return the same day. On arrival at Suratthani you'll find travel agents offering the return minibus service at a cost of around 1,500 Baht per person which will include boat transfer to and from the border. This service should have you back at the pier by around 4pm at the latest.

KOH PHANGAN RAJA FERRY TIMETABLE

Donsak Tel: 077 471151-3
Phangan Tel: 077 377452-3



DONSAK - PHANGAN		PHANGAN - DONSAK	
Depart	Arrive	Depart	Arrive
0700	0930	0600	0830
1000	1230	0700	0930
1200	1430	1000	1230
1400	1630	1300	1530
1600	1830	1300	1730
1800	2030	1700	1930

Koh Phangan Ferry Departs from Thongsala
Air-Con Bus Available To/From Bangkok

LOMPRAYAH TIMETABLE

Tel: 077 238412
Website: www.lomprayah.com

LOMPRAYAH
HIGH - HIGH SPEED CATAMARAN

BANGKOK - CHUMPHON - KOH PHANGAN - KOH SAMUI

Bangkok	Hua Hin	Chumphon	Koh Tao	Phangan	Koh Samui
0600	0830	1300	1500	1600	1620
2100	0000	0700	0930	1100	1120

KOH SAMUI - KOH PHANGAN - CHUMPHON - BANGKOK

Koh Samui	Phangan	Koh Tao	Chumphon	Hua Hin	Bangkok
0800	0830	1000	1300	1640	2000
1200	1230	1430	1700	2110	0030



Lomprayah Catamaran and VIP Bus from Koh Phangan to Bangkok

SEATRAN FERRY & DISCOVERY BOAT TIMETABLE

Tel: 077 238129, 077 238079-30, Email: info@seatranferry.com, Website: www.seatranferry.com

ISO 9001:2000 CERTIFIED





Now available!

Snorkelling Trip to
Koh Tao & Koh Nangyuan
on Expresss Boat

SEATRAN DISCOVERY BOAT		
KOH SAMUI	KOH PHANGAN	KOH TAO
0800	0830	0930
1200	1230	1330
KOH TAO	KOH PHANGAN	KOH SAMUI
0930	1030	1100
1500	1600	1630

SEATRAN CAR FERRY		
SURATTHANI	DONSAK	KOH PHANGAN
0800	0930	1145
1500	1630	1645
PHANGAN	DONSAK	SURATTHANI
0700	0915	1015
1300	1515	1615

Please note: The departure/arrival times above may be subject to change.

Night Boat

SURATTHANI	KOH PHANGAN
11.00PM	6.00AM
KOH PHANGAN	SURATTHANI
10.00PM	4.00AM



SONGSERM EXPRESS



Tel: 077 377704

BOAT TIMETABLE

SURATTHANI - KOH SAMUI - KOH PHANGAN - KOH TAO			
Suratthani	Koh Samui	Koh Phangan	Koh Tao
0800	1100	1200	1330
1400	1650	1745	

KOH TAO - KOH PHANGAN - KOH SAMUI - SURATTHANI			
Koh Tao	Koh Phangan	Koh Samui	Suratthani
	0700	0745	1100
1000	1200	1245	1600

HAAD RIN QUEEN FERRY TIMETABLE



HAAD RIN - SAMUI		SAMUI - HAAD RIN	
Depart	Arrive	Depart	Arrive
0930	1020	1030	1120
1140	1230	1300	1350
1430	1520	1600	1650
1730	1820	1830	1920

Tel: 077 375113

Phangan Cruise

High Speed Cruiser



Phangan Cruises	Dep. - Arr.
Koh Tao - Koh Phangan	09.20-10.50
Koh Tao - Koh Samui (Maeam Pier)	09.30-11.30
Koh Phangan - Koh Samui	11.00-11.30
Koh Samui (Maeam Pier)-Koh Phangan	12.00-12.30
Koh Samui (Maeam Pier) - Koh Tao	12.00-14.00
Koh Phangan - Koh Tao	12.30-14.00

Koh Tao Express Boat	Dep. - Arr.
Koh Phangan-Koh Tao	11.30-13.30
Koh Tao - Koh Phangan	15.30-17.30

Tel: 077-377274, 077-238472

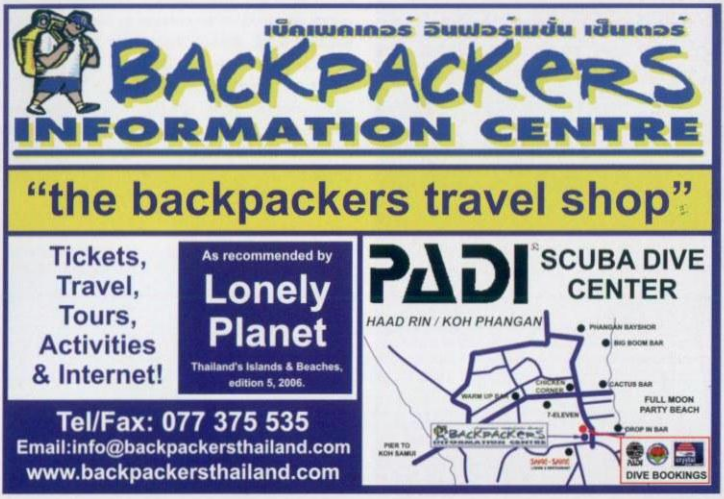
TRAVEL & TOUR AGENTS

If you want some help with arranging your travel plans contact a local travel agent, most will be able to offer a decent service. There is an abundance of travel and tour agents on Koh Phangan so it should be easy enough to organise onward travel.

Backpackers Information Centre
Haad Rin, 077 375535
Backpackers is recommended by the Lonely Planet and is a TAT registered travel agency, a branch of Lotus Diving (Phangan) and Crystal Diving (Koh Tao) so you can expect a good service from Backpackers when it comes to arranging onward travel and tours, including dive courses on Koh Phangan and Koh Tao. Backpackers also has a fast internet service in an air-conditioned shop.

Phangan Tour
Suratthani, 077 205799
Contact at Phangan Tour for cheap transfers to/from the pier, train station and Suratthani airport. Usually has a bus to pick-up at Raja pier.

Udomrat Tour
Suratthani, 077 210512, 077 287993
Based in central Surat, Udomrat Tour have operated for over 30 years and run a friendly travel business specialising with a Super VIP Bus to Bangkok, Koh Chang, Koh Samet, Cambodia (Seam Reap) Laos (Vientiane). Air-Con Bus to Krabi, Koh Phi Phi, Koh Lanta, Phuket and transfer between Hat Yai, Malaysia and Singapore. Udomrat guarantees safety for yourself and personal belongings. Bangkok office: Travel Mart, Khao San Road. Tel: 02-6291300-1.



SCUBA DIVING & SNORKELLING

WWW.PHANGAN.INFO/DIVING

DIVING ON KOH PHANGAN

Koh Phangan is an excellent place to dive and snorkel with numerous dive sites and a relaxed yet professional attitude to the sport. Groups are usually small, four to ten people a typical size, with the vibrant coral reef that follows the west coast of the island, there are plenty of beach dive sites and areas easily accessible to snorkellers. It is also a very inexpensive place to learn to dive, with PADI Open Water courses at some of the best rates in the world and courses right up to instructor level. Best of all is the location, as we are only 20 kilometres away from the best dive sites in the Gulf of Thailand.

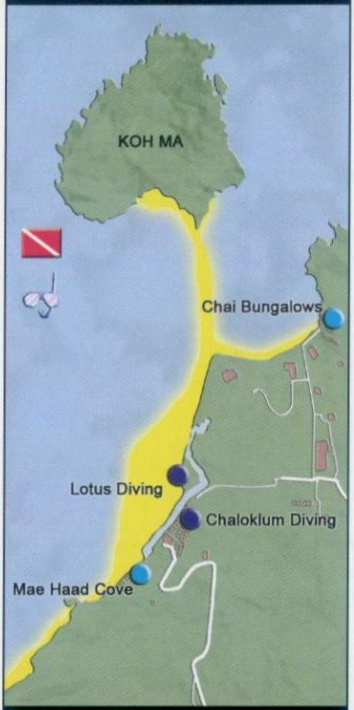
DIVE COURSES

There are various options open to those who want to learn to dive, from a one day introductory course to see if you like it, to the PADI Open Water Certificate that is an internationally recognised qualification to allow you to dive anywhere in the world. For experienced divers there are a multitude of courses such as Rescue Diver, EFR, and even Nitrox Enriched Air for those who want longer down under. There are also Divemaster courses for those who want to enter the first step on the professional ladder in diving, with assistant instructor and instructor courses for the fully initiated.




KOH PHANGAN DIVE MAP
Chumphon Pinnacle
KOH TAO
Koh Tao
Southwest Pinnacle
Sail Rock
Koh Ma
Koh Yippon
Haad Salad
Haad Yao
Haad Chao Phao
KOH PHANGAN
Koh Wao
Koh Tae Nok
ANG THONG MARINE PARK
KOH SAMUI

MAP OF KOH MA



Instantly recognisable, Koh Ma is a natural wonder special to the island of Koh Phangan. Connected to Koh Phangan by a single long stretch of golden white sand, on a perfect day Koh Ma boasts clear blue sea, colourful corals and a rich array of other marine life. It is easily possible to spend hours exploring the reef parallel to the beach and around the island. On the beachfront there are also several excellent restaurants and bungalows.

DIVE SITES

Koh Ma

Koh Ma is a small picturesque island connected to Koh Phangan by a sandbar at Haad Mae Haad on the north west coast. It is possible to beach dive from either Mae Haad or Koh Ma and several local scuba schools do trips by boat. That said, it is far from crowded and is an excellent place to see the local marine life, with schooling fish, bannerfish & big grouper, barracuda and a vast range of coral; maximum depth 24m.



Haad Salad, Haad Yao & Haad Chaophao

These three beaches are all bordered by the long coral reef that thrives on the west coast of Phangan and runs up to Koh Ma. Any one of these beaches offers great beach and boat dives with a range of hard corals & reef fish; maximum depth 19m.



Koh Tae Nok

Koh Tae Nok is located near Thongsala on the south coast of Koh Phangan and is a great local boat dive; with reef fish, hard corals and the odd small reef shark; maximum depth 19m.



PHANGAN.INFO

Sail Rock

Sail Rock is undoubtedly the most famous dive site in the Gulf of Thailand and is located in-between Koh Phangan and Koh Tao. A spectacular rock formation that rises out of the sea, creating an excellent wall dive with a great range of marine life, spectacular underwater scenery, rock formations and the legendary "Chimney" swim-through! A fantastic site that can be explored by all levels of divers; maximum depth 40m.

Koh Tao & Koh Nangyuan

Koh Tao has loads of beach dive sites and two major dive sites; Shark Island nearby and Southwest Pinnacle about 15kms away. Both are exceptional sites with a great variety of reef fish and alluring rocky formations; maximum depth 32m.

HAAD YAO DIVERS

PADI INTERNATIONAL RESORT ASSOCIATION GOLD PALM RESORT

DEEPLY ADDICTIVE!

www.haadyaodivers.com

Angthong Marine Park

The Marine Park of Angthong consists of a string of about 42 islands and offers some of the most beautiful, vibrant, undamaged coral in Thailand. The boat trip takes about two hours to get to the northernmost tip of the Marine Park and Koh Anthong has the best range of fish within the Gulf of Siam. There is a good chance of seeing the rarer creatures such as turtles or seasnakes and the sites are also very scenic, featuring 2m giant hydroids and black corals; ideal not just for beginners but also for the more experienced diver; maximum depth 25m+.



There are several tour operators that run regular trips to Ang Thong Marine Park. Check below, also check out the full review of Ang Thong on *page 60* for more details.

DIVE SCHOOLS

Lotus Diving

077 374142, 077 374097 or 09 4694719

www.lotusdiving.net

Lotus Diving is based in Chaloklum and is a well established operation with extensive facilities; including its own specially designed training pool, air conditioned classrooms, 2 dive boats a speedboat and their own private pier. They provide a full range of courses, from the Bubblemaker Course for kids right up to the Assistant Instructor Course. Specialities include the Diver Propulsion Vehicle, Nitrox, night dives, underwater photography and many more! A popular choice for many visitors is to join the 2 day overnight trip to Koh Tao or Ang Thong. Lotus has offices at seven locations around the island, including Haad Rin (p96), Mae Haad and Haad Yao (p114).

Chaloklum Diving

077 374025 or 01 4772005

www.chaloklum-diving.com

After 15+ great years on Koh Phangan our motivation is still a passion for diving & teaching it to others. We offer luxury dive trips & personal PADI programmes from novice to professional, based in Chaloklum Village & at Mae Haad Beach. Our policy of small groups (max 4), genuine individual care, long easy dives & consistently high standards (we've an exemplary safety record, full diver insurance & TAT approval) means that everyone leaves us happy & returns with their friends.

Haad Yao Divers

04 8412102 or 06 2793085

www.haadyaodivers.com

Haad Yao Divers is a PADI 5 Star Gold Palm Resort based on the north west coast. The main office is on Haad Yao with two more in Mae Haad, Haad Chao Phao and a retail shop in Thongsala. As a relatively small dive outfit, Haad Yao Divers promise small groups, high standards of teaching and a relaxed friendly atmosphere with personal tuition. Courses range from the half/one day Discover Scuba course right up to the Assistant Instructor qualification. Specialities include underwater camera rental, nitrox courses and underwater photography. Courses can be taught in English, Deutsch, Swedish and Francais.

LOTUS DIVING

WWW.LOTUSDIVING.NET

Tel: 077 374142, 077 374097 or 09 4694717

PADI CERTIFIED DIVE RESORT

VISIT OUR OFFICES AT:

MAIN OFFICE : CHALOKLUM
HAAD RIN (BACKPACKERS INFORMATION CENTRE)
THONGSALA (BOOM INTERNET CAFE)
HAAD YAO (LONG BEACH RESORT)









DIVE TRIPS

FUN DIVING

Koh Ma
Haad Yao
Haad Salad
and more....

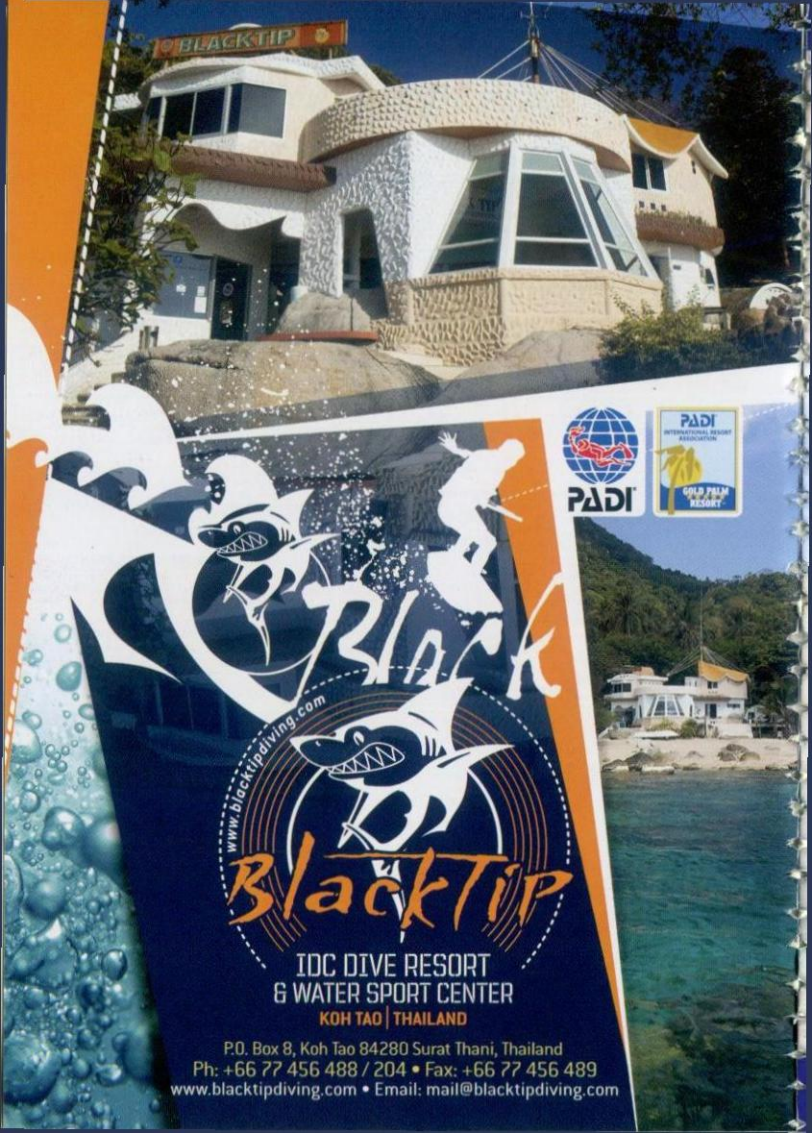
Sail Rock
Koh Tao
Ang Thong Marine Park

Discover Scuba
Open Water
Advanced Open Water
Specialist Courses

PADI COURSES

We can offer multi-national language PADI courses

PADI INTERNATIONAL RESORT ASSOCIATION

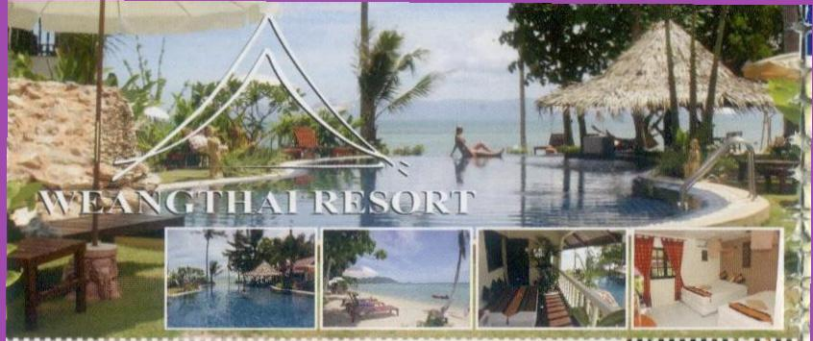

BLACKTIP
PADI
PADI INTERNATIONAL RESORT ASSOCIATION
GOLD PALM RESORT
www.blacktipdiving.com
BlackTip
IDC DIVE RESORT
& WATER SPORT CENTER
KOH TAO | THAILAND
P.O. Box 8, Koh Tao 84280 Surat Thani, Thailand
Ph: +66 77 456 488 / 204 • Fax: +66 77 456 489
www.blacktipdiving.com • Email: mail@blacktipdiving.com



MTF Diving, Ao Ban Tai
077 377247
www.mtfdiving.com
Newly established PADI certified dive resort offering a full range of courses, taught by motivated professional staff in a luxurious setting. Daily dive trips and courses with small groups and all new equipment. On site training pool and a/c classrooms. Based at Weangthai resort accommodation packages can be arranged. Free try dive in Weangthai swimming pool at 1pm every day.

Tropical Dive Club, Thong Nai Pan Noi
077 445081
www.tropicaldiveclub.com
Based on the middle of the beautiful beach at Thong Nai Pan Noi, the Tropical Dive Club runs a speedboat (maximum 10 people) direct from the bay to mostly local dive sites. The speedboat departs at 12:00 noon every day weather permitting - most visitors appreciate the extra few hours in bed - it is your holiday after all and we hate waking up early ourselves! Most day trips will arrive back by 6:00pm for a cool drink at the Flip Flop Pharmacy bar on the beach. A full range of PADI dive courses are available including the Discover Scuba for those looking for a taste. All dive trips include equipment and lunch. Snorkellers also welcome.







THE HOST OF KOH PHANGANS BEST POOL PARTIES!

WEANGTHAI RESORT, MOO 1 1/100 AO BANG CHARU, KOH PHANGAN

TEL: 077 377247 FAX: 077 377566 EMAIL: CUSTOMERSERVICE@WEANGTHAI.COM



FREE Trial Pool Dives

KOH PHANGAN INTERNATIONAL PADI RESORT

PROFESSIONAL DIVE TUITION FROM BEGINNER TO INSTRUCTOR

COVERING ALL DIVE SITES FROM KOH TAO TO ANG TONG

INCLUDING KOH MA, SAIL ROCK AND THE THREE PINNACLES

MTF TRAVEL Thailand

MTF Travel 3, 79 M.1 Thongsala, Koh Phangan, Suratthani 84280, Thailand

Tel: 077 238454 Fax: 077 238476 Email: customerservice@mtfdiving.com

SNORKELLING



The west coast of the island is host to a rich and vibrant coral reef that stretches from Sri Thanu up to Koh Ma; and from any beach along this stretch an amazing underwater world of mesmerising corals and luminescent tropical fish is right at your fingertips. Good beaches are Haad Chao Phao, Haad Yao, Haad Salad and Mae Haad; although almost any beach will have something of interest, especially if you head to the rocky areas.

There is very little to be warned about as the Gulf does not harbour many sea-nasties, though look before you put your feet down and **NEVER** stand on coral as it kills thousands of years of growth instantly. Beware of strong currents, wear a t-shirt to stop your back burning....and enjoy.

If you are not on Koh Phangan too long or don't want arrange your own transport, an excellent way to visit the best snorkelling spots is by booking on an around-the-island boat trip. These organised boat trips run every day depending on the weather of course – if you have booked ahead only to find that it is wet and windy you will receive a full refund. Most depart from Haad Rin at around 12.00 noon and arrive back at 6.00pm and include lunch, snorkel and mask.

Reggae Magic Boat Trip, Haad Rin (p54)
Tel: 01 0859137
The original longtail boat trip on Koh Phangan, Magic Reggae leaves Haad Rin pier at 12.00pm for a fun packed day visiting the best parts of the island, including a free dinner at the Magic Reggae Bar upon returning at around 6.00pm.

Snoop Dogg Boat Trip, Haad Rin (p51)
Tel: 09 5293828 or 077 375364
Snoop Dogg goes around the island daily visiting all the most popular sights. You'll feel well and truly looked after with free lunch and cold beer provided.



(i) Snorkelling

There are many good spots to enjoy a bit of snorkelling on Koh Phangan. The best area is all along the west coast, especially the following beaches:

Koh Ma (see p114)
Haad Salad (see p114)
Haad Yao (see p114)
Haad Chao Phao (see p112)
Haad Khom (see p116)

PLEASE TAKE CARE OF THE CORALS AND THINK SAFETY

Marine Life

Koh Phangan has a diverse variety of marine life that you can expect to see.

Photographs kindly provided by:
Lotus Diving
www.lotusdiving.net
Haad Yao Divers
www.haadyaodivers.com
Chaloklum Diving
www.chaloklum-diving.com



Hexagon Grouper



Barracuda & Clown Fish



Masked Butterfly Fish



Green Turtle



Pink Anemone Fish



Blue Spotted Stingray



Whale Shark



Blue Ringed Angel Fish



Teira Batfish



Reef Cuttlefish



Soft Corals



FULL MOON PARTY

WWW.PHANGAN.INFO

INTRODUCTION

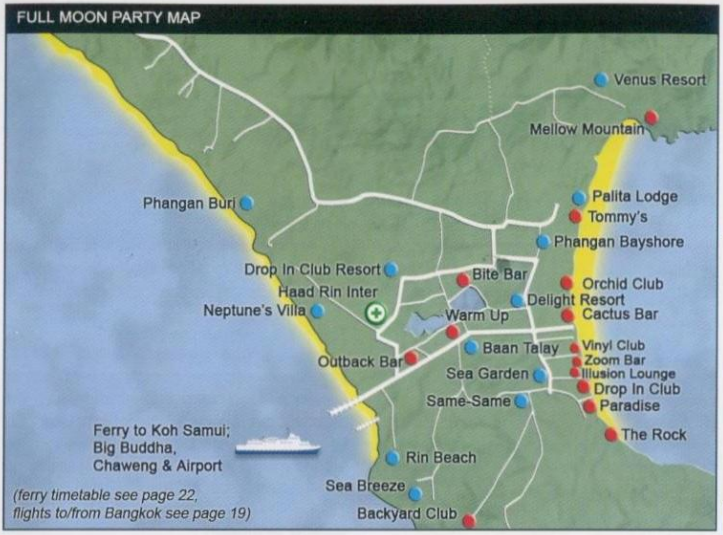


The first Full Moon Party either went off in 1987 or 1988, no-one is really sure; and it was someone's birthday. It was such a good party that the same crew met up again at Paradise Bungalows and partied under the next Full Moon. From there on the party grew to be a mecca for travellers in the 90s and then became the global dance music festival that it is today, attracting thousands of visitors from every walk of life.

There are now over 10 major sound systems on the beach playing everything from psy-trance to drum and bass with each one representing a different genre. Crowd sizes vary from around 8,000 in low season getting up to 30,000 in the high season; and inline with the party's growing popularity, Haad Rin has been expanding to accommodate its guests. There are now over 5,000 rooms and hundreds of cool bars, boutiques, restaurants and of course the great nightlife.

Full Moon Party Dates 2006/2007
Thursday 07 September 2006
Saturday 07 October 2006
Sunday 05 November 2006
Wednesday 06 December 2006
Wednesday 03 January 2007
Saturday 03 February 2007

Check dates on *www.fullmoon.phangan.info*



VENUES

The Rock

The Rock is one of the best places on the beach to chill out and get a view of the whole party. It is situated at the southern end of Haad Rin on (you guessed it) a big rock. Expect soulful funky tunes and the best cocktails on the beach.

Paradise Bungalows

The home of the Original Full Moon Party, Paradise is still the biggest and best venue consistently putting on the largest show. If a big name is visiting the island, you will normally find them here playing alongside the amazing resident DJ A who has more or less coined the tough progressive sound of Haad Rin.

Drop In Club

Drop In is another long runner that has been playing a more commercial set to the huge crowd that gathers there. It has loads of different places to chill out and watch the action; playing chart, RnB, hip hop and dancefloor classics.

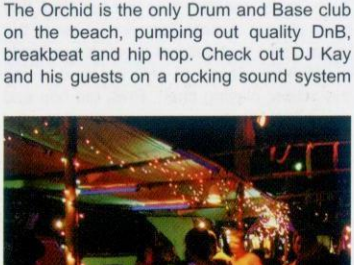


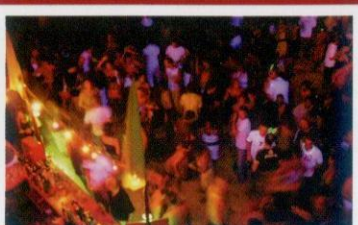
Zoom Bar
Zoom Bar is another psy-trance venue, slightly smaller than Vinyl and a bit more intimate, but banging all the same. From sunset to sunrise the dancefloor is a blur of sand, fluoro paint and limbs and it often goes on all day after the party as well.

Vinyl Club
The Vinyl Club bangs out full on psy-trance and driving techno to one of the biggest crowds on the beach. It has a monster sound system, loads of podiums to shake yer booty on and more than its fair share of hardcore space cadets.

The Cactus
The Cactus is one of the first places you come to as you enter Haad Rin Beach, its right in the middle so it gets a load of punters, especially as the sun comes up. Expect a more commercial sound with RnB, hip hop, old skool classics and even the odd bit of rock.

The Orchid
The Orchid is the only Drum and Base club on the beach, pumping out quality DnB, breakbeat and hip hop. Check out DJ Kay and his guests on a rocking sound system





with one of the most having-it crowds on the beach.

Tommy's Bungalows
Tommy's sound system is a long running psy-trance enclave complete with wacky fluorescent sculptures and some of the maddest punters on the beach. Resident DJ Leung and guests play banging trance and techno at one of Haad Rin's most spacious and colourfully decorated venues.

Mellow Mountain
If you want to get away from the mayhem, but still want to keep an eye on the action - Mellow Mountain is located at the quieter northern end of the beach. There are heaps of cushions and hammocks to chill out on, great milkshakes and soothing tunes to calm you down after a hard session dancing on the beach.

Bite Bar
On the lakeside, Bite Bar plays a different sound - wow - rock music! Arrive early to participate in the buffet dinner.

Illusion Lounge
If you want to start early and listen to some cool tunes, head to the Illusion Bar and you'll find quality liquor to purchase for a warm-up session; the chill house music pumps out harder later on.

Outback Bar
If you want to escape the pandemonium and hear some deep and funky house, head to the Outback near the main pier with its no-trance music policy. Check out the stunning décor, a brilliantly stocked bar and an excellent menu make this a popular choice.

Warm Up Bar
Mixing an impressive selection of progressive house, the Warm Up Bar provides a good pre-dance venue in the heart of Haad Rin to down a few drinks and meet up with friends before proceeding to main event.

Backyard Club
The ultimate after party that starts up at 11 am just as Haad Rin beach shuts down. Some say it is the best part of the FMP with only dedicated mooners mashing it up on the dance floor and the best of the previous nights DJs on the decks; including the infallible resident DJ A.

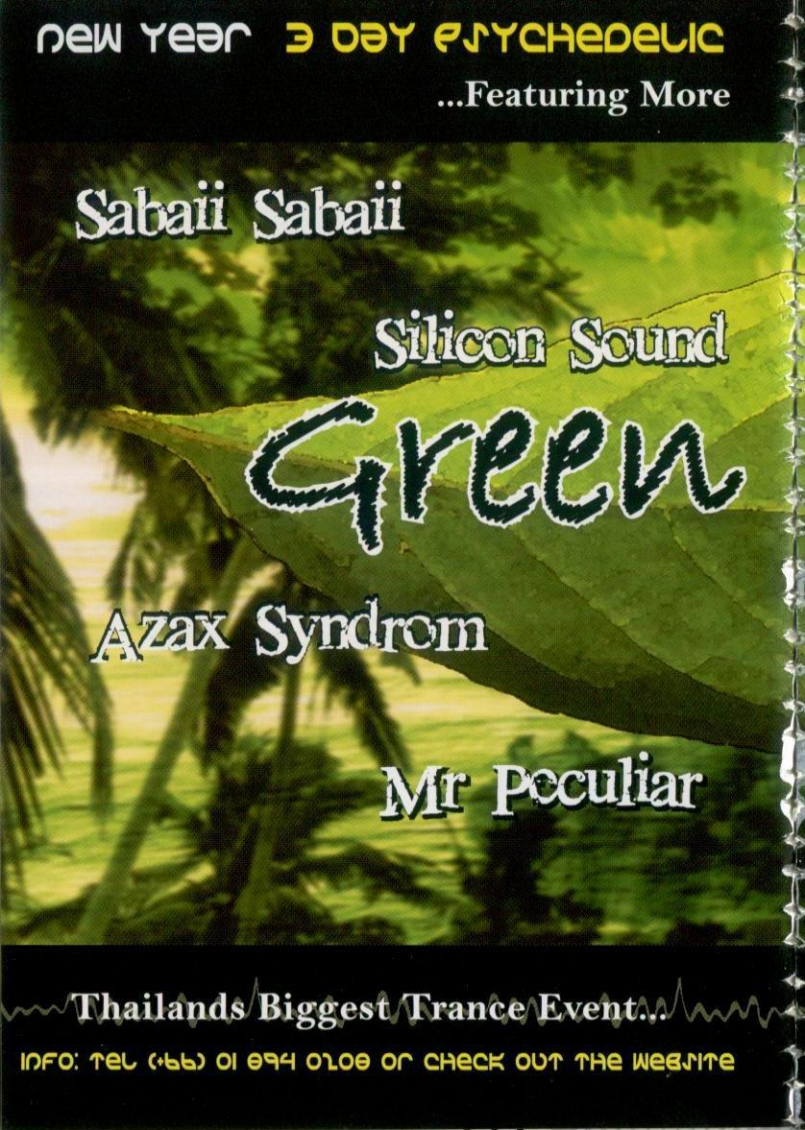


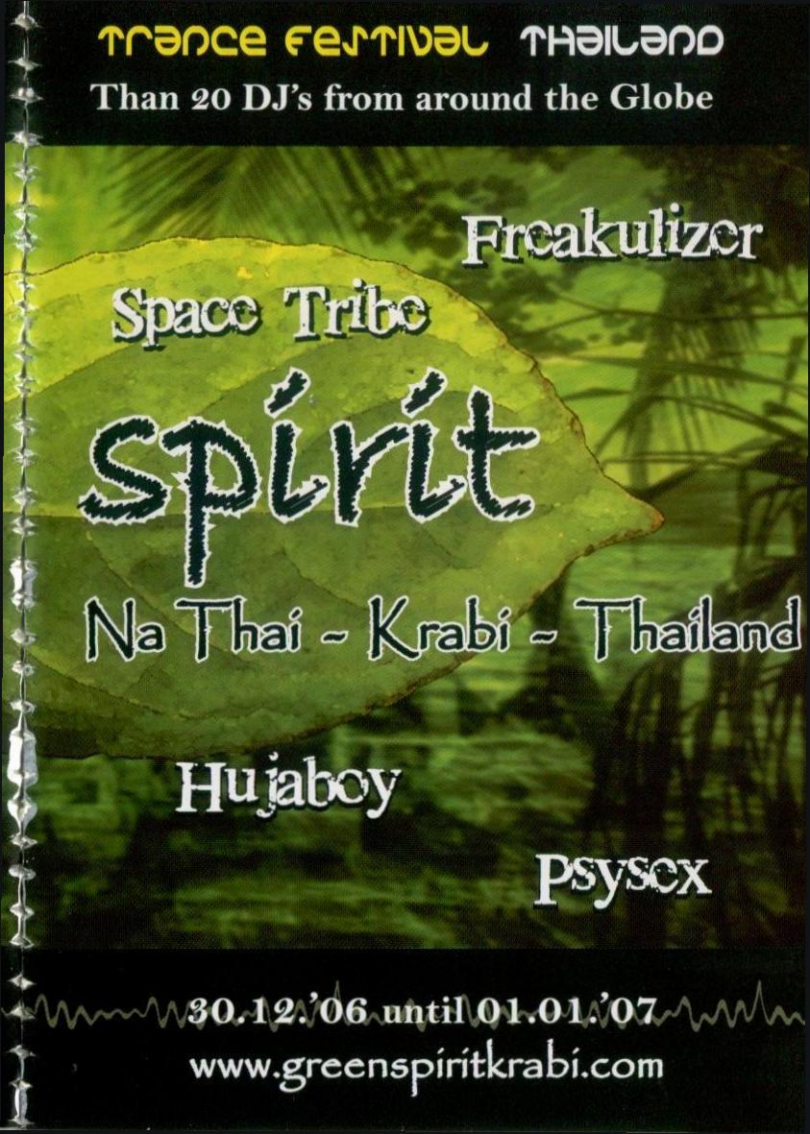
FULL MOON PARTY SURVIVAL KIT

- Take enough money, maybe split into separate pockets – 3000 Baht is enough to cover most eventualities.
- Take a copy of your ID, not the original and leave your valuables in the resort safe. Take care of your valuables; safety lockers are available for hire in many travel agents in Haad Rin.
- Don't be tempted to take bags as they are easily forgotten after a few buckets!
- Wear shoes or trainers; bottles sometimes break on the beach.
- It gets hot very quickly in the morning, so cover up from the sun to avoid getting burnt.



PHANGAN.INFO
WWW.PHANGAN.INFO
SECURE ONLINE CREDIT CARD RESERVATION


New Year 3 Day Psychedelic
...Featuring More
Sabaii Sabaii
Silicon Sound
Green
Azax Syndrom
Mr Peculiar
Thailands Biggest Trance Event..
Info: Tel (+66) 01 894 0108 or check out the website


Trance Festival Thailand
Than 20 DJ's from around the Globe
Freakulizer
Space Tribe
spirit
Na Thai ~ Krabi ~ Thailand
Hujaboy
Psysex
30.12.'06 until 01.01.'07
www.greenspiritkrabi.com

OTHER PARTIES

The party vibe has got into the islanders blood and there are several other venues around Koh Phangan that are staged to go off in different areas so as not to disturb one locality. All are outdoor parties and a lot of effort goes into making each one a unique party experience that only Koh Phangan could give.

Half Moon Festival, Ban Tai (p76)
The Half Moon Festival goes off twice a month and it's a massive event. It happens a week before and a week after the Full Moon Party (FMP) in brilliantly decked out Ban Tai jungle with resident DJs Jao, Psy-Frog and Note; expect hard progressive and quality trance from the Harmony team. Special guest DJs perform on occasions, check flyers for details.

2006/2007 Dates: September 15th & 30th, October 15th & 29th, November 13th & 28th, December 13th & 28th, January 11th (Birthday) & 26th, February 10th & 24th.

Check the website for updated information: *www.halfmoonfestival.com* or *www.fullmoon.phangan.info*.



Black Moon Party, Ban Khai (p76)
Black Moon Culture is where the Black Moon Posse host one of the island's best outdoor parties on Ban Tai beach; with amazing décor, a super sandy venue, driving progressive beats, underground trance and DJs Bang, Leung and Jonny.

2006/2007 Dates: September 22nd, October 21st, November 20th, December 19th, January 18th, February 16th, March 18th.

Also, check the website *www.fullmoon.phangan.info* for current information.



Pirate's Bar - Moon Set Party
The Moon Set Party is usually 3 days before FMP and is situated in a small cove at the south end of Haad Chao Phao. The setting is amazing with a backdrop of shear rock cliffs and DJs set in the rocks.

Green Cross Party, Haad Rin
Monthly Green Cross parties are held at various venues 3 days before Full Moon. Raising awareness of the environment to visitors by encouraging them to clean up their own rubbish and dispose of cigarette butts. Raffle tickets and t-shirts are sold on the night with some fantastic prizes, such as a night's accommodation, a free dive, free meals, shop discounts etc. Funds raised are used to clean the beach and eventually purchase a beach cleaning machine for the island - so do your part! For the next event, look out for flyers 3 days before Full Moon.

Peace Trance & Dance

BLACKMOON CULTURE



Schedules / Events
August 23, September 22,
October 22, November 20,
December 20

Location : MAC BAY Resort
Bantai Beach



Keep Pha-ngan Style

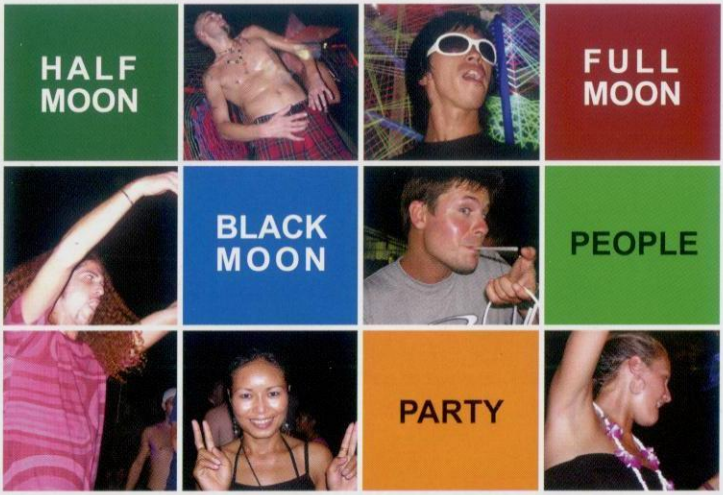
Amsterdam Bar, Ao Nai Wok
Set on a mountain facing sunset near Thongsala, the Amsterdam Bar puts on parties either side of the FMP with a funky feel and a cool vibe, the music is house/ progressive/tech-house and the venue is tops.

Ju Ju Bar, Haad Yao (Inside Front Cover)
Funk, Soul, Roots...it's in the music here. Opening August 2006 for regular late parties and daily sessions from mid-day.

Long Shot, Thongsala (p74)
Popular warm-up spot before heading off to the major parties. Free pool, happy hour cocktails and imported beers. Regular live music events during high season; check flyers for details.

Paradise Waterfall, Chaloklum (p114)
Back by popular demand, Paradise Waterfall is once again hosting regular live DJ events mixing up a selection of hard techno and psychadelic trance beats.

MTF Diving Pool Party, Thongsala (p32)
Monthly pool parties 2 days before FMP at Weang Thai Resort. Superbly set around the beachfront swimming pool and bar you can cool down from 12pm onwards with a progressive beat which picks up throughout the evening. Wet t-shirt competitions, drinking games and other entertainment to keep you in the party mood.



PHANGAN.INFO
WWW.PHANGAN.INFO
SECURE ONLINE CREDIT CARD RESERVATION

PHA NGAN'S BEST MUSIC AND DANCE FESTIVAL

HALF MOON

More Info: (wwww.halfmoonfestival.com)



The Famous Pha Ngan's Best Music &Dance Festival is Presented by Harmony Team. which provides the latest sound system,Highest quality Equipment and DJs.The event is Indoor and Outdoor dancing arenas,The area is covered by Artist's UV decorations .There is Fire show across from the main dance floor

Location : On a beautiful tropikal island " Koh Pha Ngan" Ban Tai Village Half Moon Festival takes place twice , One week before and one week after Full Moon. **Come and Satisfy your Soul...,**

Sept 15th-30th Oct 15th-29th Nov 13th-28th
Dec 13th-28th Jan 11th(Birthday)-26th

HEALTH & SPA

WWW.PHANGAN.INFO

INTRODUCTION

Koh Phangan has always been a place for relaxation and reflection. The tradition is a part of the island's history as the island has previously attracted many people interested in the healing and spiritual arts, with numerous temples testament to this. While Koh Phangan is yet to have many spa resorts on the scale of our sister island Koh Samui; there are plenty of retreat centres, meditation schools and secret hideaways where one can find peace and space for learning in harmony with nature.

Wat Pho Herbal Sauna (see page 67)
Ban Tai

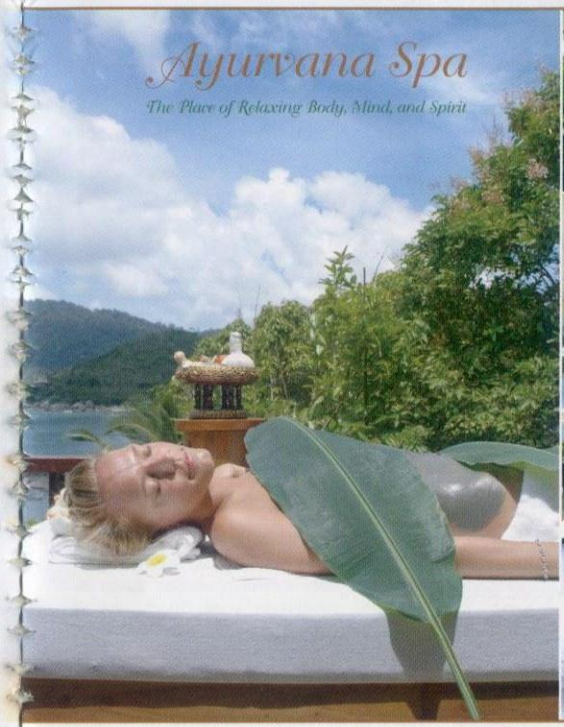
The herbal sauna is open every day 3pm-7pm and runs on donations - the sauna uses traditional methods by heating natural herbs such as lemongrass on a log fire. Nearby you'll also find the biggest tree on Koh Phangan, an amazing site of nature.





The First Luxury Resort
on Koh Phangan ... with Pure Nature

Santhiya Resort & Spa











Our services

- *Body Massage*
- *Body Scrub*
- *Body Wrap*
- *Facial Treatment*
- *Milky Bubble Bath*

Detoxifying Skin Package 3 hours with free transfers

- *Natural deadsea mud body wrap*
- *Aromatic relaxing oil massage*
- *Protective skin care with aromatic bubble bath*
- *Deep cleansing facial treatment*

Special rates for September 1st - December 15th, 2006

- *3,900 Baht/guest* *Normal rate*
- *7,000 Baht/2 guests* ~~*5,400 Baht/guest*~~

For more information, please contact 077 238 333 ext. Spa or spa@santhiya.com

www.santhiya.com

PLACES TO VISIT

Ayurvana Spa (Santhiya Resort, p47)
Thong Nai Pan Noi, 077 238333
Newly opened in a secluded haven at Thong Nai Pan perfect for the ultimate relaxation, Ayurvana Spa offers a wide selection of body treatments to pick you up or wind you down. This year between September 1st and December 15th the spa is now a offering special rate on the Detoxifying Skin Package 3 hours which includes free transfer.

Monte Vista Retreat Center (p51)
Ao Nai Wok, 01 7477329 or 09 2129188
www.montevistathailand.com
Monte Vista offers cleansing, detox and fasting programs with colonic treatments. Stress reduction and healing programs as well as single treatments for massages, beauty treatments, energy and chakra work and counselling. It's peaceful location offers spectacular views of Angthong Marine Park, Koh Samui and Koh Tao.

Phangan Buri Resort & Spa (p107)
Haad Rin, 077 375481
The spa at Phangan Buri includes massage, facials and body treatments, jacuzzi and hot tub to unwind those weary joints. All visitors welcome.

Phangan Leela Spa (p50)
Haad Rin, 077 375563-4
Phangan Leela Spa hosts a popular massage centre in the centre of Haad Rin. They offer an extensive range of services including Thai, oil, body and foot massages as well as massage training by Ministry of Education Certified instructors from the Siam Massage School. The new spa built in Haad Rin now includes herbal sauna.

PHANGAN.INFO

THE YOGA RETREAT
www.yogaretreat-kohphangan.com
Specialising in
Hatha Yoga is at 9.00 – 10.30 & 16.00 – 17.30
The Basic Elements – 5 day Course or Retreat
Chakra Healing – 10 day Course or Retreat
Pilates Technique is at 11.30 – 12.30
Alexander Technique by consultation
Yoga for Children is on Saturday at 15.00 – 15.45
We are open Monday to Saturday and closed on Sunday.
Find us on the North-west, just after the Haad Salad beach junction.
or phone Teresa on
077 374310

Siam Healing Centre (below)
Haad Rin, 077 375450-1
Wonderfully placed on a viewpoint over-looking Koh Samui on Haad Rin Nai beach, Siam Healing Centre is managed by Jeab and a team of therapists and teachers with specialist skills including various forms of massage, meditation, yoga, tai chi and qi gong. The centre can also offers a herbal steam sauna - so relax and enjoy!

The Sanctuary (right)
Haad Thian (east), 01 2713614
The Sanctuary is an alternative island resort located on the secluded east coast of Koh Phangan. They were the island's first ever retreat offering daily Yoga, Yoga teachers training, meditation, a variety of healing, healthy and natural therapies, spa massage, funky herbal steam room, over 300 vegetarian and seafood dishes and great accommodation.

The Yoga Retreat (left)
Haad Salad, 077 374310
www.yogaretreat-kohphangan.com
The Yoga Retreat is located on the north west coast of Koh Phangan near Haad Salad. It is a family business run by highly qualified instructors with courses available at every level; from The Basic Elements, Chakra Healing, Pilates or Alexander technique - all taught in peaceful jungle surrounds and just 1km from the beach. The Yoga Retreat also now has 2 bungalows and can offer 5-10 retreats as well as a herbal steam room and plunge pool.

Sai Spa (Drop In Club, inside back)
Haad Rin, 077 375444-6
Situated in central Haad Rin, the Sai Spa is set within the luxurious grounds at the Drop In Club Hotel. Expect an excellent service on a range of treatments.

Sarikantang Sarai Spa (p100)
Haad Rin, 077 375055-7
Outside of Haad Rin town on the tranquil sunset beach at Sarikantang Resort you will find the Sarai Spa. There are excellent facilties including massage sala and herbal steam sauna. The accommodation at the resort starts from well-priced fan bungalows to modern air-con suites set in natural surroundings.





Fasting and Cleansing

Tucked away in the seclusion of a remote private Bay on a tropical island in Thailand, The Sanctuary Wellness Centre is the home of Fasting, Cleansing, Detox and Weight-loss , Liver and Candida cleanses and more...

Yoga & Self Development

The Sanctuary also offers Yoga Classes (3 daily), Ayurvedic Yoga Massage, Shamanic groups, Tai Chi, Reflexology, Bellydancing classes, Self Awareness groups, daily Meditation.

Health Spa & Massage

While at The Sanctuary relax and enjoy the benefits of the Herbal Steam Room, Aromatherapy, Thai and Beauty Treatments, Body Scrubs and polishes, Hair & Nail care.

International Restaurant
The Sanctuary has the most comprehensive Vegetarian menue in South East Asia. They also serve delicious fresh juices and have their own bakery. Sample their quality international wines and ice cold beers.

Accommodation
To suit all budgets The Sanctuary has dorm beds, unique bungalows and exotic open-style houses.

The Sanctuary Resort
Wellness Centre & Health Spa
Had Tien Beach - Koh Phangan - Thailand.
www.thesanctuary-kpg.com Tel: +66 1 271 3614 / +66 1 894 2269

Phangan Leela Spa

"relax your body & mind"





Massage

Facials

Body Treatment

Natural Ingredients

Herbal Steam Sauna

Massage Courses

Thai Traditional Massage

Foot Massage

Oil Massage







94/34 Moo 6, Haad Rin, Ban Tai, Koh Phangan, Suratthani 84280, Thailand
www.siammassage.com | siammassage@yahoo.com | Tel: 077 375563-4 | Fax: 077 375564

Monte Vista
RETREAT CENTER

Only 5 Minutes from Thongsala

HARMONIZE YOUR BODY, MIND & SPIRIT



Accommodation available



Colonic Treatments
Massage
Herbal Facials
Healing
Palm Readings
Psychic Readings
Counselling
Ayuvedic Massage and More



Fasting & Cleansing Programs for:
Intestinal, Liver,
Gallbladder Detoxing,
Healing Programs
Weight Loss & Stress Detoxing



Monte Vista Retreat Center
Nai Wok Beach
Tel: 01-7477329 or 09-2129188

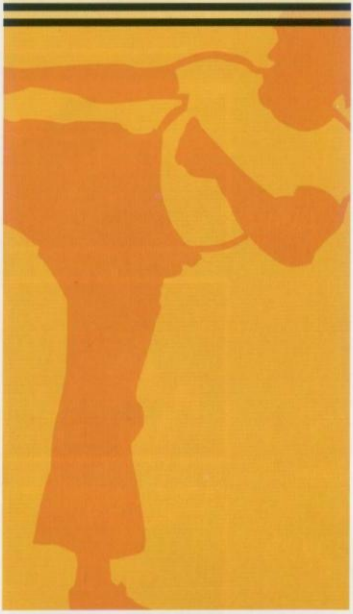
www.montevistathailand.com
montevistathailand@yahoo.com





ADVENTURE & ACTIVITIES

WWW.PHANGAN.INFO



INTRODUCTION

Koh Phangan is full of outdoor adventure and most of it can be done on a few Baht. Rich coral reefs run along the north-west coast of the island, supporting a vibrant underwater world making it an excellent place to snorkel and one of the cheapest and least-crowded places to dive in Thailand. There are fishing trips, around the island boat trips and loads of watersports on offer including kayaks, catamarans and fishing.

The island has acres of undisturbed tropical rainforest and a wild jungle interior. There are overnight mountain treks to the top of Khao Ra and coastline walks making it possible to beach hop round the whole island. There are also several Thai boxing schools, gyms and Thai boxing stadiums in both Thongsala and Haad Rin. Koh Phangan is great for cycling around and if you are an experienced motorcyclist it offers some fun rides. There are loads of temples to visit, spa and meditation retreats and it's also a pretty good place to do bugger all!

MOUNTAIN BIKING

Bikes can be hired in most towns and villages, just ask around; the quality varies but there are some reasonable machines out there. If you are staying long term there are several shops in Koh Samui that stock authentic bikes and they can usually be sold on before you go home. Prices range between Bt80 to Bt120 per day (prices are negotiable on monthly rentals).

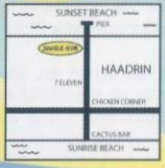
Apart from Ban Khai to Thongsala and on to Haad Yao, the island is predominantly hilly, thus be prepared for a work out if you cycle elsewhere. Always remember take plenty of water, head wear (helmet advised – the hills give you a lot of speed) and sun-cream.

WWW. JUNGLE GYM .CO.TH
HAADRIN & THONGSALA - KOH PHANGAN

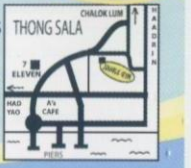


FITNESS CLUBS
2 FULLY EQUIPPED GYMS
THAI BOXING LESSONS
YOGA CLASSES & WORKSHOPS
HERBAL STEAM ROOM
JUICE BAR





info@junglegym.co.th Tel: 077 375115



There are no official tracks, though that can only be a matter of time, but any non-concrete road in the hilly areas is a good ride, especially the Thong Nai Pan and Than Sadet roads. Otherwise there are loads of trails to discover, just get those wheels rolling. For easier riding stick around the Thongsala area; a good ride would be up to Phaeng Waterfall where you can also see the Jade Buddha and then across to Srithanu and Laem Son lake, before heading back along the coastal road.

PAINTBALL WARFARE

Paintball Warfare, Thongsala (p57)
Tel: 01 8046059 or 04 8499050
A new 3200m² paintball battlefield has opened near Thongsala - there are a choice of 6 games to play (capture the flag, defend your base, free for all, rabbit hunt, find the flag, defend your man) and up to 12 peole can play at a time. Suitable for experts or beginners, you can play the whole day for only 500 Baht per person; there is also a really cool bar with great tunes and a groovy atmosphere. Thai and Western staff.



FITNESS GYM

Jungle Gym & Thai Boxing (p53)
Thongsala & Haad Rin, Tel: 077 375115
The Jungle Gym has a full range of work out equipment, fitness programs, yoga and provides personal fitness training. They have also been teaching and training Thai boxing on Koh Phangan for more than 8 years and have turned out more fighters than a Russian plane factory.

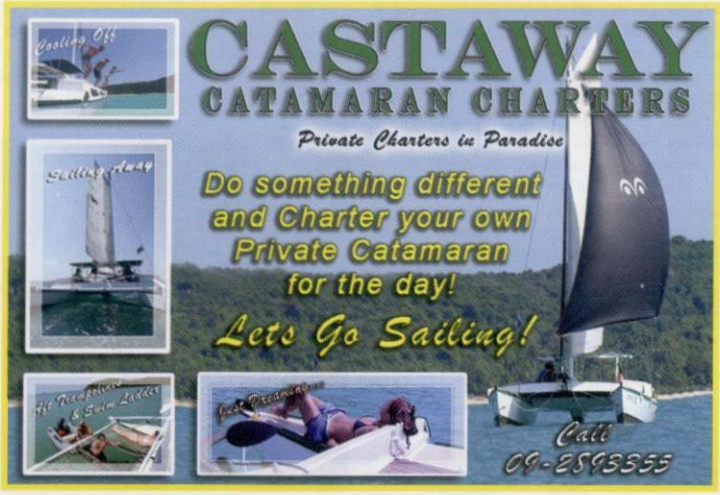
There are male and female professional teachers offering tuition for every level of expertise, from absolute beginner to pre-fight training at one of the local stadiums. There are two gyms with excellent facilities; one in Thongsala and the original gym in Haad Rin. Jungle Gym are now also organising 1 to 3 day yoga workshops, give them a call for more information.

KICK BOXING

Koh Phangan, like the rest of Thailand, loves its Thai Boxing and there are three stadiums in Thongsala (*see page 74*), one in Haad Rin (*page 94*) and now Thong Nai Pan Noi (*page 124*) has one so wherever you are it'll be easy to catch a fight.

There are usually about six fights a night with local and visiting Thai fighters and a few Farang (foreigners). To find out when the next big night is, try and decipher what one of the pick-ups with really tinny speakers is saying, look out for the posters or ask around. Price on the door is usually Bt350.

If you want to learn the noble art, there are a few good schools on the island with English speaking tuition and some very good facilities.



Muay Thai Boxing Training (p75)
Thongsala, 06 9538253
Learn the art of Thai Boxing from a Champion. Khun Chainarach Cho Watcharin has over 18 years experience boxing in famous stadiums such as Lumphini in Bangkok. There are 2 hour introductory lessons for those looking for a quick taste or 1 month courses for more dedicated students.

KAYAKING

Kayaks are available for hire on most beaches for Bt60 to Bt100 per hour. The obvious precautions should be observed such as covering your skin from the hot sun, allowing enough time for long trips (sunset rides are not advised) and taking water to drink. Also be aware of the currents and tidal drift, it can be easy to go in one direction and very difficult to come back.

The west coast from Wok Tum to Koh Ma offers some of the calmest seas and best beach hopping possibilities though if the seas aren't choppy, pretty much anywhere is good. Other popular routes are between Thong Nai Pan and Haad Khuat (Bottle Beach) and also from Chaloklum to Haad Khuat; or from Haad Rin it is easily possible to make it around to Haad Khontee and further on to Haad Thian and Haad Yuan - but don't depart too late in the day.





price includes lunch, drinks, fruit, snacks, cold beer, snorkel & mask
safety and first aid kit
for tickets contact any travel agent
or at Chicken Corner





Snoop Dogg
Boat Trip

We visit

- Bottle Beach
 "secluded white sandy paradise"
- Thong Nai Pan
 "stunning twin beaches - great swimming"
- Mae Haad + Koh Ma
 "best snorkelling on koh phangan"
- Than Sadet Waterfall
 "visited by the King of Thailand"

Call 09 5293828 or 077 375364

SCUBA DIVING & SNORKELLING

Koh Phangan is an excellent place to explore the underwater world. *See page 24* for full review.

SAILING

There are a few places offering sailing trips and tuition, with one operation providing Hobie style Catamarans and Lazer sailing boats, available through December to April in Ao Nai Wok; ideal for learning or an exhilarating ride for the experienced sailor.

Cookies Bungalows (p59)
Ao Plaay Laem, Tel: 077 377499
Cookies has a selection of well-maintained Lazer sailing boats and a Hobie catamaran available for trips around the island. Suitable for beginners or those with more experience. Contact them for more details.

BOAT TRIPS

Easy to organise and perfect for those not planning to stay very long on Koh Phangan or just want to take a quick look around the island before deciding where to stay on longer. Boat trips can be arranged at most resorts and will leave late morning. Common itineraries for pre-arranged tours include Than Sadet waterfall, Thong Nai Pan, Haad Khuat, Koh Ma and Koh Tae Nok. If you are in a group, it is also possible to rent the boat for a day and arrange your own itinerary, but expect to pay a lot more. The boat will either be a traditional longtail or speedboat which will probably be able to take you further afield such as the Marine Park or Koh Tao.

Any deal should include lunch and other essential supplies. Be aware of the sun and wear a hat and a healthy layer of sun lotion



or risk feeling the affects of heatstoke later on as most trips leave about mid-day.

All organised boat trips run every day depending on the weather of course – if you have booked ahead only to find that it is wet and windy you will receive a full refund.

Reggae Magic Boat Trip (p58)
Haad Rin, Tel: 01 0859137
As the original longtail boat trip on Koh Phangan, Magic Reggae leaves Haad Rin pier at 12.00pm for a fun packed day visiting the best parts of the island, including a free dinner at the Magic Reggae Bar upon returning at around 6.00pm. Tickets can be purchased at the Reggae Magic Bar (*see page 94*).

Snoop Dogg Boat Trip (p55)
Haad Rin, Tel: 09 5293828 or 077 375364
Snoop Dogg goes around the island daily visiting all the most popular sights. You'll feel well and truly looked after with free lunch provided, including fruit, snacks, drinks and cold beer. Snorkel and mask also supplied. Tickets can be purchased at most travel agents or at Chicken Corner in Haad Rin.



WINDSURFING

Cookies Bungalows (p59)
Ao Plaay Laem, Tel: 077 377499
Cookies offer fun windsurfing lessons for beginners on the west coast near Thongsala with beautiful views over Koh Tae Nok. Contact them for more details.

WAKE BOARDING

Phangan Adventure, Chaloklum
077 374142, 077 374097 or 09 4694719
Wake boarding is a cross between snowboarding and water-skiing and is just one of the exhilarating and unique sports available from Phangan Adventure at Lotus Diving in Chaloklum. They also offer Mountain bike trekking with a variety of different routes, kayaking, sailing, boat trips, snorkelling, scuba diving and much more. See their advert for more details.

PHANGAN.INFO



FISHING

Fishing can usually be organised through your resort and is often a short trip in a longtail boat out to a few local fishing spots. The normal equipment is a handline on a basic trip, so if you are looking for something a bit more high-tech ask around or go to a travel agent. There are plenty of operations with good rods and equipment and if you are willing to travel to the best spots and night fish, you may net a 20kg Mackerel or a 10kg Barracuda. If organised at a resort it should also be possible to have a BBQ on the beach in the evening.

Fishing off the rocks on the coast can also bring a good catch; just ask a local where to set up - be warned it is illegal to go fishing in the marine rich waters around Koh Ma. Don't forget to cover your skin, bring enough water to drink and take care of the coral.

If you fancy a good laugh, then head up to Chaloklum for a spot of squid fishing. Chaloklum is well-known throughout the area as an excellent source of squid. If you look out to sea after dark you will almost certainly see the bight lights from the squid boats shining in the distance. If you are interested in trying it out just ask some of the local people for more details.

Rin Beach Tours
Haad Rin, 01 9795939
Day or night fishing on a local Thai boat. Contact for more details.

PHANGAN.INFO



Learn Windsurfing!
Learn Sailing!
Lazer Boats & Hobie Catamaran

Cookies Bungalow
Simple life, simple hut

Fan Bungalows from 300 Baht
Air-Con from 600 Baht



Cookies Bungalow



Located on Ao Plaay Laem, Sunset Beach
Koh Phangan, Suratthani
Email: cookies_bungalow@hotmail.com
Tel: +66 (0)77 377499, +66 (0)77 377711

First Bow & Arrow Club

First Bow & Arrow Club
Koh Phangan

BIG FUN
for EVERYBODY!
Nice EXPERIENCE!



- Archery Range
- Restaurant
- Bar

Near Chaloklum Village

Daily open, 9 am - 6 pm
phone 01 - 2 74 01 73

ANGTHONG MARINE PARK TRIPS



Ang Thong is a true natural wonder unique to the Gulf of Thailand; consisting of over 42 individual islands and easily reached from Koh Phangan by speedboat or cruiser it is a popular destination for travellers looking to explore this magical place. A few of the highlights include:

Viewpoint on Wua Ta Lap

Wua Ta Lap is the Marine Park Headquarters and consists of an open area with information centre, restaurant and a few modern bungalows. It is a steep climb to the viewpoint and lots of water and shoes are definitely recommended - the hard walk will will be rewarded by some stunning views.

Camping on Koh Mae Ko

There are only a few beaches in the Marine Park that tourists are allowed to camp and faciltilies are actually provided on request - swing in the hammock under the stars with a warming camp fire and BBQ in the evening. Call direct for bungalow reservations on 025 620760 or to arrange a tent 077 286588.

Inner Sea (Emerald Lake)

Don't miss the famous saltwater Emerald Lake. Hidden from view and accessed by a narrow pathway, it is a natural wonder. No swimming allowed.

There are several companies that can arrange trips to the marine park, some will do a standard 1-day trip which includes visiting a few attractions, lunch break and a bit of snorkelling. For those that want more adventure it is possible to stay overnight at the marine park in basic accommodation. All tour packages should include the entrance fee of 200 Baht per person.

Seatran Discovery
Koh Samui, 077 246086-8

Cruise onboard a luxury yacht for an amazing tour of the marine park. Transfer to Koh Samui on the 7.00am *Songserm* boat, then depart Koh Samui at 8.30am. The tour includes kayaking at Koh Sam Sao, climbing the viewpoint at Koh Wua Ta Lap, visiting the emerald lake at Koh Mae Ko. All transfers, equipment and refreshments included.





TREKKING

Many parts of Koh Phangan are still untouched, which makes it perfect for trekking and camping. Most trekking routes are along the eastern coastline that link up peaceful coves and beaches, although there are also some fun treks in the jungle interior around the tallest mountain Khao Ra and Phaeng Waterfall National Park.

WARNING: Please remember that it is easy to become lost, so if you are inexperienced please don't trek alone. Local guides can be found at Phaeng Waterfall National Park (Tel: 077 238275) - expect to pay about 500 Baht per day. If trekking alone or without a guide remember to take plenty of supplies, especially water and some high energy food.

Khao Ra
Central

The highest peak on Koh Phangan, Khao Ra stands at 630m and offers a fantastic viewpoint overlooking Chaloklum and Thong Nai Pan for those willing to climb to the top. On a good day with clear visibility you can see Koh Tao. The route is not too strenuous, but the path can be difficult to follow at times.

Phaeng Waterfall National Park
South West

The waterfall itself is a good attraction to visit, but walk further and there are many easy to follow paths leading up the mountain to an excellent viewpoint. Upon reaching the top there is still another longer well-marked trek for those who want to explore further.

Bottle Beach
North West

Easy to trek in about 2 hours, leaving from the western end of Chaloklum follow the dirt-track around to Haad Khom (which also has excellent snorkelling) and then becomes a narrower winding path sharply uphill and onto Bottle Beach.

Haad Yuan & Haad Thian
South East

A popular trek from Haad Rin that takes approximately 2 hours. The first part is hard-going, but once at the top of the mountain there are beautiful views over Haad Rin and beyond to Koh Samui. After this, follow the "green dots" along the mountain plateau which will eventually descend to the beach Haad Yuan. Only a little further is Haad Thian. Cheap bungalows are available on both beaches for an overnight stay.





PHANGAN.INFO
WWW.PHANGAN.INFO
SECURE ONLINE CREDIT CARD RESERVATION

JUNGLE SAFARI



Phangan Safari (p138)
Chaloklum, 077 374159 or 01 8953783
Koh Phangan now has a elephant trekking based in the northern fishing village of Chaloklum. Treks are organised for 1/2 hour or 1 hour and take in the spectacular views looking out towards Koh Tao; afterwards watch the baby elephant perform amazing tricks. Hard to miss, if passing by stop and take say hello to these gentle giants.

Phangan Safari Eco-Nature Tour (p138)
Chaloklum, 077 374159 or 04 8506273
Take a tour around the island in a comfortable 4WD jeep with the friendly crew and visit most of the must-see attractions on the island; including trekking to mountain viewpoints, waterfalls, temples, snorkelling, elephant trekking and Koh Phangan's famous homemade ice-cream. Half or one day tours available.

ARCHERY

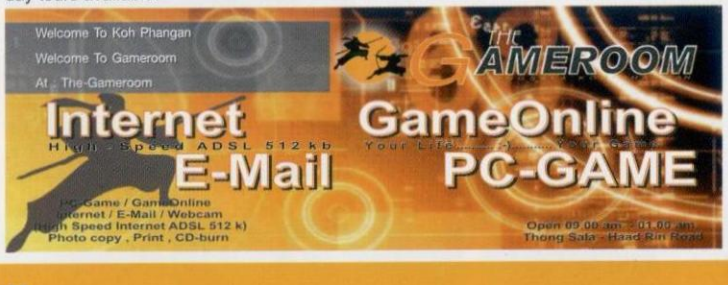
First Bow and Arrow Club (p59)
Chaloklum, 01 2740173
The first Archery club has opened near Chaloklum Village. It is easy to try out this famous sport with equipment and instruction available, all levels welcome from beginner to professional. Make the best of your time and get a new experience or just have a laugh and enjoy some food and drinks in the restuarant. Open 9am-6pm.

MASSAGE COURSES

Phangan Leela Spa (p50)
Haad Rin, 077 375563-4
A range of massage courses are available taking around 3-5 days to complete. *See page 48* for more information.

COOKING COURSES

Same-Same Cooking School
Haad Rin, 077 375200
Adding to their successful restaurant and lodge, Same-Same are now offering quality cooking courses so you can enjoy amazing Thai cuisine with friends when you get back home. There are 1, 3 or 5 day courses available, all taught by a fully-trained English speaking chef. Visit the market to purchase your ingredients, prepare and cook, then sit back and eat.



SAME-SAME

THAI COOKING COURSE

RECOMMENDED BY LONELY PLANET



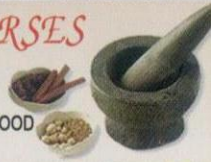


TEL: 077 375200 WWW.SAME-SAME.COM LOCATION: SEE OUR MAP ON PAGE 88



1, 3 OR 5 DAY COURSES

ENGLISH SPEAKING PROFESSIONAL CHEF
FULL EQUIPPED KITCHEN
PREPARE, COOK AND ENJOY TRADITIONAL THAI FOOD
FREE FRUIT AND RECIPE BOOK









Clean Food Good Taste

SAME-SAME

RECOMMENDED BY LONELY PLANET

RESTAURANT - HAAD RIN

PROFESSIONAL CHEF WITH INTERNATIONAL EXPERIEINCE

Scandinavian - Mexican - Home made Grub, Traditional Thai

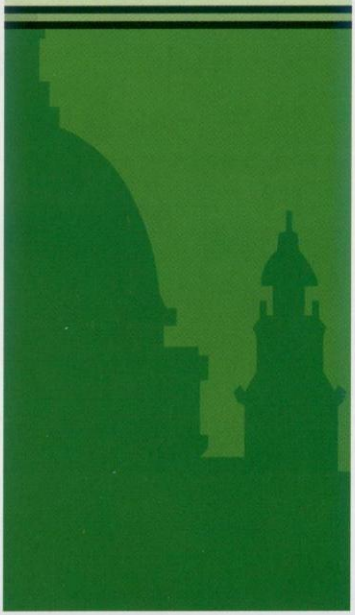
ON SPECIAL NIGHTS WE PROVIDE

Original BBQ steaks and best ribs in town - Mexican Buffet
Mongolian BBQ - Host of Haad Rin's biggest and best
full moon buffet warm up party



PLACES TO VISIT

WWW.PHANGAN.INFO



INTRODUCTION

Koh Phangan has a long history that stretches back over 600 years to when the first monks settled on a hilltop near Thongsala. Since then the island's spiritual traditions have grown and there are a number of other ancient and newer temples well worth visiting. Its rich tropical landscape is home to acres of undisturbed rainforest, thus there are some great jungle and beach walks, excellent viewpoints from the mountains and several waterfalls, with some enticing enough to bring Thai Royal visitors.

TEMPLES

There are more than 20 temples around the island and all welcome well behaved visitors. Not only are they great historical and spiritual places, but they are also at the centre of the Thai community and often have temple fairs with dancing, singing, markets and stalls.

When visiting temples, please respect the Buddhist and Thai culture; always wear a shirt that covers your shoulders, shorts are ok but not too short, no shoes or headwear in the temples and never point your feet



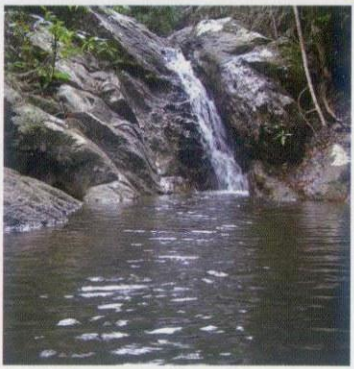
at any Thais, especially a Monk (sit cross legged or make a kind of "sitting kneel" with your legs under you and your feet pointing to away from the monks; never touch a Thai on the head either). Women cannot touch the monks, so if you wish to pass anything, do it via a male friend or put it next to the monk with your right hand.

Wat Phu Khao Noi (*South West*)
Wat Phu Khao Noi is the oldest temple on Koh Phangan and is situated on top of a hill just outside Thongsala near the hospital. It has some very interesting ancient buildings and Chedis, as well as amazing views over the island and beyond. The head monk there also speaks a bit of English; it's worth noting that the monks are only really around in the morning, though you can still visit until late in the afternoon.

Chinese Temple (*North West*)
The Chinese Temple exists today because of the faith of Mrs Malawan. In 1990, when Koh Phangan was still largely without electricity, Mrs Malawan came to Sangthom Temple on Koh Phangan for a ceremony of presenting the robes to the priests. During one night, sleeping outside with friends, Mrs Malawan dreamt about the Chinese Buddha, Jaomae Kuanim. The Buddha told her to build a firelight for the people. Mrs Malawan then returned to Bangkok to raise the funds and building was completed in 1992 (open from 8.00am to 5.00pm).

Jade Buddha (*Central*)
Near the entrance to Phaeng Waterfall, the Jade Buddha can be found on top of a small hill in the temple grounds.

Wat Pho (*South West*)
Wat Pho is located at the start (and level section) of the Ban Tai to Thong Nai Pan Road where the monks operate a traditional



herbal steam sauna. Natural herbs such as lemongrass and other Asian remedies are heated by a log wood fire, creating steam that is filtered into the sauna. The herbal system has many health benefits from helping to reduce high cholesterol levels to improving skin conditions such as dry skin and eczema (open from 3-6pm).

WATERFALLS

Phaeng Waterfall (*South West*)
One of the island's grandest waterfalls is a steep 250m walk up a jungle trail, but once there it is quite an impressive fall. Walk a further 200m up the path and it brings you to a fantastic mountaintop viewpoint. Nearby, there is also a long winding foot trail that leads up the mountain Khao Ra peak and viewpoint (*see page 61*).

Wang Sai (*North East*)
Wang Sai waterfall is situated on the north-west coast of the island near Mae Had. It flows best after heavy rains and has a number of pools to cool off in. It certainly isn't the biggest waterfall on Koh Phangan, but it's a beautiful stretch of fresh water in a lovely spot.

Thaan Sadet (*North East*)
Thaan Sadet waterfall was first visited by Thai Royalty in 1888 when King Rama V left an inscription on a rock that remains today; he revisited the same spot more than 10 times. The present King Bhumibol has also been to this sacred series of falls, where the river waters are used in certain Royal Ceremonies that obtain water from only a few sources around Thailand. It is a fairy tale of huge granite boulders and multitudes of fresh water pools and can be walked its full length of 3kms. The falls are more like huge stepping stones and can be approached from numerous places; either from the magnificent beach of Haad Thaan Sadet or on the road into Thaan Sadet (beware; only experienced motorcyclists should attempt the Thaan Sadet road, otherwise take a boat, taxi or hire a jeep).

Thaan Prawet (*North East*)
Thaan Prawet is another long scenic series of waterfalls that can either be accessed from Thong Nai Pan Noi beach or from the main road above the bay. It runs for about 2kms and is quite a hard climb further upstream, though there are some great places to chill from the very start of the falls.

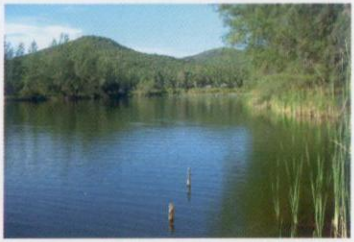
VIEWPOINTS

Khao Ra (*Central*)
Khao Ra is the highest mountain peak on Koh Phangan at about 630m above sea level offering the most spectacular viewpoint on the island. There is a long trail leading up from the village of Ban Madua Wan and passing Phaeng Waterfall. The trail can be steep and difficult to follow in places, so it is advised that travellers should take advantage of the guide service available at the start of the trek. The service costs about 500 Baht per trip.

Wat Khao Tam (*South West*)
Wat Khao Tam is a great viewpoint in Ban Tai, easily accessible on a moped; as are many of the sunset bars on the Nai Wok hillside. Haad Rin has viewpoints at either side of Haad Rin Nok and on the road out of Haad Rin. But in fact there are viewpoints pretty much anywhere on the island, just stop for a minute to appreciate it.

LAEM SON LAKE

Laem Son Lake is a popular place to cool off during the hot months and relax under shady pine trees; there are also a few rope swings for high diving into the lake. Recently there have been a couple of accidents so if you swim be careful; only strong swimmers should attempt to swim across the lake and the rope line across the lake is only a guide, not a safety rope; Laem Son is also a protected area - so no fishing allowed.



ANG THONG MARINE PARK

Ang Thong Marine Park is a group of over 40 tropical islands that are protected as a nature reserve. There is an amazing variety of marine life, corals, excellent snorkelling and diving, kayaking around the many islands, limestone caverns and a giant saltwater lake. Journey takes around an hour in a speedboat and day trips, camping trips and even overnight boat trips are available. Respect the coral, do not touch, stand on it or take any shells as mementos.



PHANGAN.INFO
WWW.PHANGAN.INFO
SECURE ONLINE CREDIT CARD RESERVATION

GUIDE TO SOUTH WEST

WWW.PHANGAN.INFO

INTRODUCTION

The south west of Koh Phangan is the island's biggest lowland area and was the earliest settled with the first main town in Wok Tum, not far from Thongsala where it is now. The inland areas are a melting point of rivers and streams that spring from the surrounding mountains and the fertile plains are home to many small villages.

Thongsala became the island's capital around a hundred years ago and serves as Koh Phangan's main communication, services and transport centre. It has the islands main banking services, an excellent variety of cosmopolitan restaurants and some good bars. The shopping in Thongsala tends to be better value than neighbouring islands, where most shops have low fixed prices and there are also some good boutiques with interesting and unique clothes and crafts. Internet and telephone services are cheap, the main Post Office and Police Station are here and Thongsala has no less than three markets and five ATM machines. The road network of the island meets in Thongsala, thus it provides easy access to virtually any point on Koh Phangan, by land or sea. It is the main taxi pick-up point and it has numerous guesthouses and two hotels, useful for overnight stays to meet travel connections.





The coastline takes on two different personas either side of Koh Tae Nok and Koh Tae Nai, the islands in front of Thongsala. Up the coast, starting at the northern end of Ao Nai Wok, there are steep hills and rounded volcanic boulders around the south-west's only mountain, Khao Hin Nok. The coast is broken up by rocky outcrops and the odd cluster of mangroves, with small coves and idyllic views over Ang Thong Marine Park.

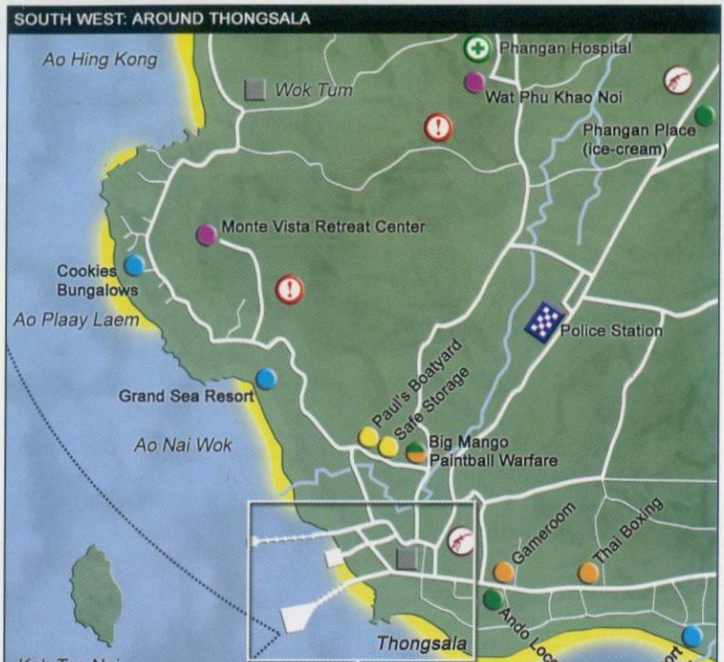
South of Thongsala, the coastline is a lot straighter with an unbroken stretch of sand all the way up to the start of the Haad Rin hills. The surrounding flat land has all been used for coconut farming and long stretches of beach allow for a decent amount of space between the resorts, many offering high standards of accommodation.

Thai Food

A list of popular Thai dishes include:

Tom Yam - Spicy & Sour Soup
Guay Thiaw - Noodle Soup
Yam Thaleh - Spicy Seafood Salad
Yam Wun Sen - Spicy Noodle Salad
Pad Pak - Stir Fried Vegetables
Pad Thai - Fried Noodles
Pad Krapow Gai - Fried Basil & Chicken
Geng Khiaw Waan - Green Curry
Gai Yaang - Grilled Chicken
Muu Tort - Fried Pork
Khao Mok Gai - Spiced Rice & Chicken
Khao Muu Daeng - Rice & Pork
Khao Man Gai - Chicken & Rice

PHANGAN.INFO
WWW.PHANGAN.INFO
SECURE ONLINE CREDIT CARD RESERVATION



RECOMMENDED

- Ando Loco (p81)
- Big Mango (p73)
- Cookies Bungalows (p59)
- Gameroom (p62)
- Grand Sea (p71)
- Monte Vista (p51)
- MTF Diving (p32)
- Paintball Warfare (p57)
- Paul's Boatyard (p12)
- Safe Storage (p09)
- Weang Thai Resort (p32)

WOK TUM

Golden Hill Resort
Kiete Bungalows
OK Bungalows
Wok Tum Bay

AO PLAAY LAEM

Asia Resort
Beach 99
Bounty Bungalows
Darin Bungalows
Porn Sawan
Roadside Bungalows
Sea Scene
Stone Hills Resort

AO NAI WOK

Phangan Bungalows
Rooung Thip
Siripun Bungalows
Suan Inn
Suntown
Tranquil

THONGSALA

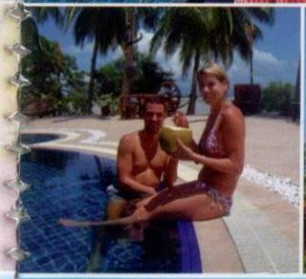
Asia Hotel
Boom's Guesthouse
Khao Guesthouse
Phangan Chai Hotel
Poonum Patana
Thongsala Guesthouse

AO BANG CHARU

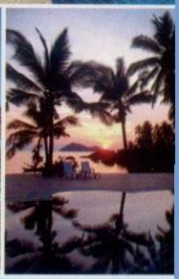
Charm Beach
Chokana
Coco Garden
Golden Light
Moondance
Or-Rawan
Phangan Villa
Seagate
Tropical
White West

Grand Sea Resort









Air-Con Accommodation • Minibar, Cable TV & Hot Water
Swimming Pool • Sunset Restaurant with Cinema TV
Scuba Diving & Snorkelling • Kayaking & Fishing, Island Trips
International Call & Fax • Taxi Service, Motorbike & Jeep Rent
Sauna & Jacuzzi • Massage • Sunset Beach Bar
Tel: 077 377776 or 01 6492947, Fax: 077 377777
www.grandsearesort.com or www.phangan.info/grandsea

THONGSALA

Thongsala is the principal town for the island and is home to all the main services and travel connections. There is also a great choice of shops, bars and restaurants so it's worth visiting both in the day or the evening; there are also plenty travel shops offering tours and activities.

Fight Night

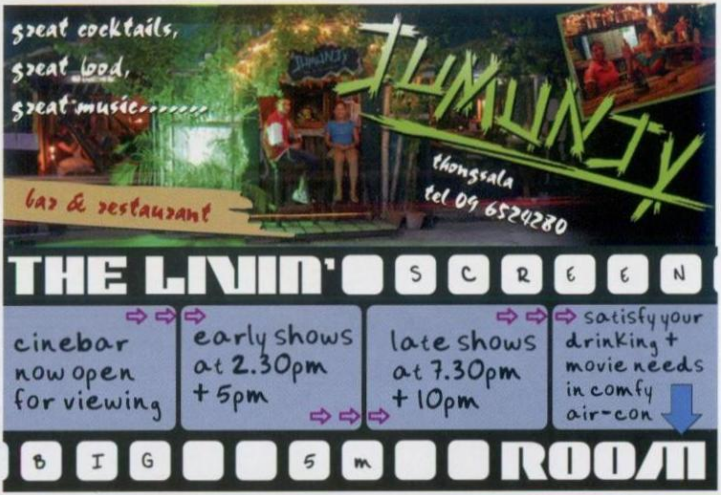
Thongsala is the main venue for popular Thai Kick Boxing events, with no less than 3 stadiums! Expect the stadium to be full on the night, so arrive early and grab a snack at a local restaurant before sitting back to enjoy the fight. For more information on Thai Boxing see page 54.

Services

There are several banks in Thongsala, with two on the main street and one on the Post Office Road; and there are also several money exchange windows, all with ATMs. The hospital is only 4km away and there is a private health clinic in the town, there are also numerous pharmacies; Koh Phangan's Police Headquarters is on the Chaloklum Road, 1km outside Thongsala. The main ferry port is also in Thongsala and all of the ferry operators have offices on the jetties.

Restaurants

There is an excellent choice of restaurants in the south west, especially in Thongsala; with traditional Thai seafood restaurants, curry stalls and good quality street food; a multitude of Western restaurants such as Italian, English and steakhouse and even an Indian restaurant. Most are either at the main crossroads (100m up from the round



about) or on the seafront, the markets have some of the best street food.

Entertainment

The south west has a great number of activities and things to keep you occupied; there are several dive operations based in Thongsala and numerous marine tour and fishing companies. There is also a Paintball arena and plenty of places to hire mountain bikes, jeeps and motor bikes in Thongsala. There are regular Thai Boxing matches in the evenings and also several parties in Ban Tai and on the Wok Tum coast.

Shopping

Thongsala is the island's main trading post with an excellent variety of crafts, jewellery, clothes, artwork and traditional Thai items. There are a great number of boutique shops throughout the town and numerous supermarkets and fresh produce stalls. Prices are reasonable and are often hard to beat and many outlets supplying goods in bulk for export. Most shops are open till 8 or 9 in the evening.

Bars

There are loads of bars in Thongsala, with the majority on the main street; many have pool tables and TV for live sporting events. From Ao Nai Wok to Ao Hin Kong there are several hillside bars with great sunset views. Heading towards Ban Tai from Thongsala there are numerous beer bars lining either side of the road.

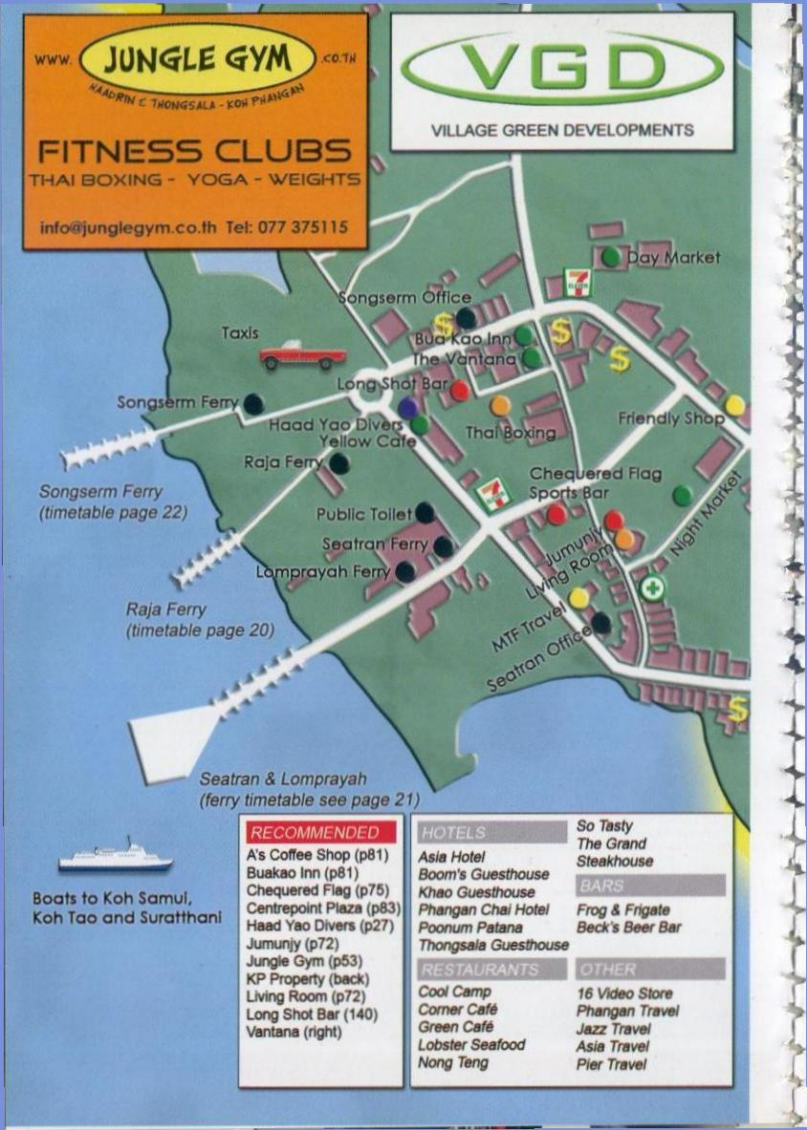
Accommodation

There are several guesthouses and hotels in the Thongsala area which are good value and ideal if you need to stay in town for an early ferry. There are also numerous reasonably priced resorts either side of the town.



WWW. JUNGLE GYM .CO.TH
HAADRIN C THONGSALA - KOH PHANGAN
FITNESS CLUBS
THAI BOXING - YOGA - WEIGHTS
info@junglegym.co.th Tel: 077 375115

VGD
VILLAGE GREEN DEVELOPMENTS



Boats to Koh Samui, Koh Tao and Suratthani

RECOMMENDED

- A's Coffee Shop (p81)
- Buakao Inn (p81)
- Chequered Flag (p75)
- Centrepoint Plaza (p83)
- Haad Yao Divers (p27)
- Jumunjy (p72)
- Jungle Gym (p53)
- KP Property (back)
- Living Room (p72)
- Long Shot Bar (140)
- Vantana (right)

HOTELS

- *Asia Hotel*
- *Boom's Guesthouse*
- *Khao Guesthouse*
- *Phangan Chai Hotel*
- *Poonum Patana*
- *Thongsala Guesthouse*
- *So Tasty*
- *The Grand*
- *Steakhouse*

BARS

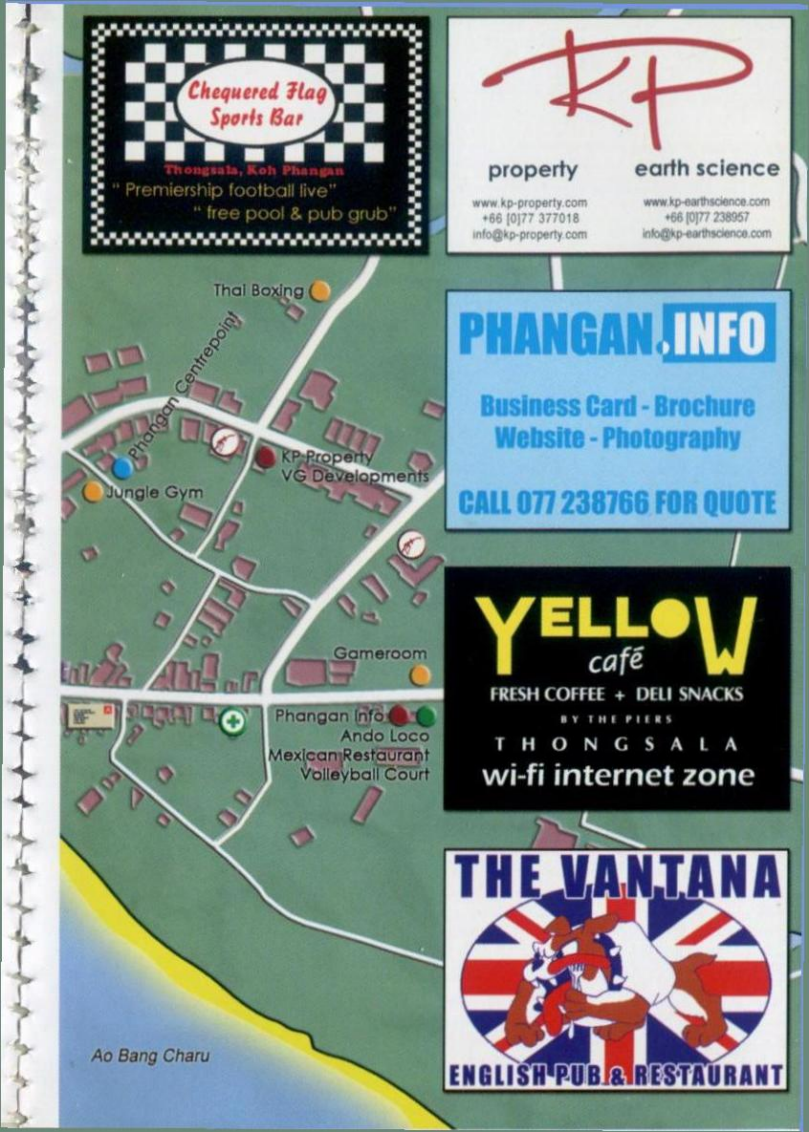
- *Frog & Frigate*
- *Beck's Beer Bar*

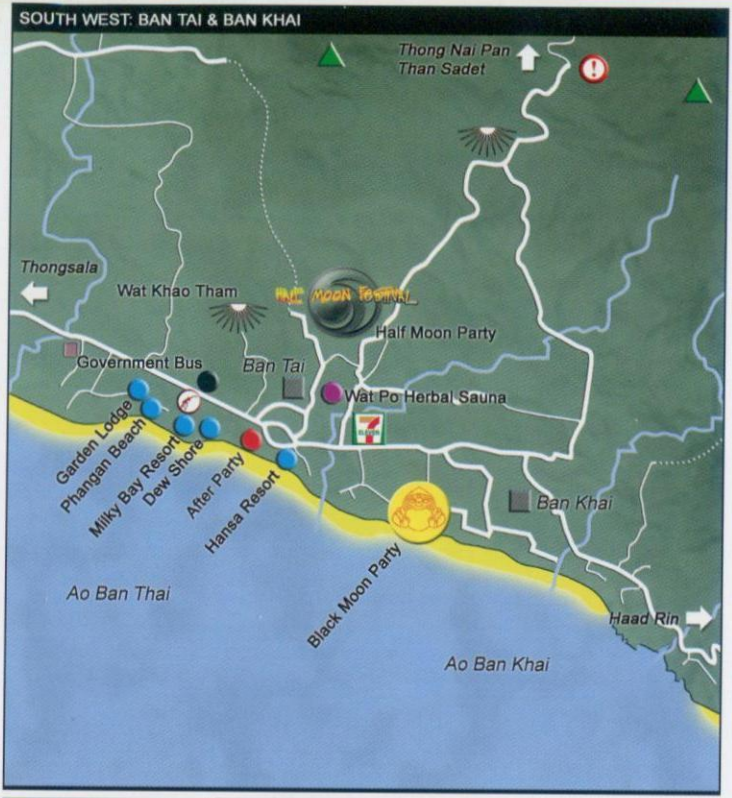
RESTAURANTS

- *Cool Camp*
- *Corner Café*
- *Green Café*
- *Lobster Seafood*
- *Nong Teng*

OTHER

- *16 Video Store*
- *Phangan Travel*
- *Jazz Travel*
- *Asia Travel*
- *Pier Travel*


Chequered Flag
Sports Bar
Thongsala, Koh Phangan
" Premiership football live"
" free pool & pub grub"
KP
property
earth science
www.kp-property.com
+66 (0)77 377018
info@kp-property.com
www.kp-earthscience.com
+66 (0)77 238957
info@kp-earthscience.com
Thai Boxing
Phangan Centrepoint
KP Property
VG Developments
Jungle Gym
Gameroom
Phangan Info
Ando Loco
Mexican Restaurant
Volleyball Court
PHANGAN.INFO
Business Card - Brochure
Website - Photography
CALL 077 238766 FOR QUOTE
YELLOW
café
FRESH COFFEE + DELI SNACKS
BY THE PIERS
THONGSALA
wi-fi internet zone
THE VANTANA
ENGLISH PUB & RESTAURANT
Ao Bang Charu



RECOMMENDED

Dew Shore (p80)
Garden Lodge (p80)
Hansa Resort (p77)
Milky Bay Resort (p79)
Phangan Beach (p85)
Black Moon Party (p43)
Half Moon Party (p45)

BAN TAI

Ban Tai Resort
Corner Pub
Field Paradise
First Villa
My Palace
Power Beach
SP Resort
Tiu Resort
Triangle Lodge

BAN KHAI

Ban Khai Orchid
Beer Bungalows
Coachhouse
Greenpeace
Jungle Lodge
Lee Garden
Liberty
Mac's Bay
Morning Star
My Phangan
Papillon
Phangan Lodge
Phangan Rainbow
Pinks Bungalow
Tanuoy Garden

PHANGAN.INFO
WWW.PHANGAN.INFO
SECURE ONLINE CREDIT CARD RESERVATION

BAN TAI & BAN KHAI

Party Zone

Black Moon Party
Every month on the Black Moon (except on Buddhist holidays) the beach comes alive with an assortment of Techno music. More info see page 42.
Half Moon Party
The ever popular Half Moon Party is on twice a month in the jungle off the Thong Nai Pan road. See page 42.

From Thongsala down to Ban Khai, the coastline is all in lowland areas and has long been used as coconut plantation. The flat land allows the beaches to run uninterrupted for over eight kilometers, broken only by streams and rivers that spring from the surrounding mountains. The resorts are generally well spaced, have a good deal of beach frontage and it is always possible to find a secluded spot anywhere along the long white sand beach. As many of the resorts are close to Thongsala and Haad Rin, this makes the Ban Tai/Ban Khai area popular for those who want to be near the action, but not too near. There is also a small town in Ban Tai with a local market and fishing pier.



Most beautiful, most relaxing.



Hansa Resort
Recommended by the "Lonely Planet"
Located on Ban Tai Beach, 10 mins to Haad Rin and Thongsala
All bungalows and rooms are available with air-con, mini-bar and hot shower
Please call: 06 6905887 or 077377494 or visit our website www.hansaresort.com

BEACHES

Wok Tum

Ao Wok Tum is the southern section of the wide bay that joins with Ao Hin Kong. Most of the bay is undeveloped as the coral reef lies about 300 metres off the beach. Mangrove trees line the beaches and give the place a real untouched feel, great for catching a sunset in solitude. A sign warns not to take seashells and corals from the bay, respect this as it is a haven for nature and it is illegal to take them home.

Ao Plaay Laem

Ao Plaay Laem is at the base of Khao Hin Nok, a granite mountain that dominates and transforms the landscape, making it a fairy tale of rounded boulders and hillside views over Ang Thong Marine Park. The bay is fairly shallow preceding the reef that lies about 80 metres away. Over the reef there are corals and marine life for snorkelling enthusiasts and a few resorts hire kayaks so you can paddle around the huge boulders in the sea.



Ao Nai Wok

Ao Nai Wok is the long bay that extends north from Thongsala after the main pier. At the top end, walking distance from town yet far enough away never to notice it, a number of resorts populate the beach and rocks start to break up the coastline. There is a reef about 80 metres out where the sea shelf drops allowing for some reasonable snorkelling conditions. Kayaks are also available for hire at a few resorts.

Ao Bang Charu

Ao Bang Charu is a peaceful beach with sunset views over Koh Samui; well away from the main road and big enough to really get away from it all. There are several well established resorts, some offering high standards of accommodation whilst others are great value.



Ban Tai

Ao Ban Tai is the middle section of the long sunset beach that runs the length of the south-east coast. There is a small marina in the centre of Ban Tai where you can commission boat and fishing trips. Either side of the marina the wide white sand beach gradually slopes to meet the coral reef about 200 metres away.

Ban Khai

The beach of Ban Khai bay is quite broad in places and countless coconut palms populate the lowland plains of the area. There is plenty of room on the beach if you're seeking solitude and a few beach bars dotted along the coastline.











Air Conditioning & Hot Water
Restaurant Thai & Italian
Wood Burning Pizza Oven
Beachfront Barbecues

Beach Volleyball / Ping Pong
Bar, Games Room & Pool Tables
ADSL Internet / WiFi Connectivity
Safety Deposit Box

Gym with Thai Boxing
Massage Sala
Herbal Steam Room
Salon

Milky Bay Resort

102 Moo 1, Ban Tai, Koh Phangan, Suratthani 84280, Thailand
Tel: +66 (0)77 238566, Fax: +66 (0)77 377726
info@milkybay.com www.milkybay.com
(under South African and Thai ownership)

WiFi ZONE

ACCOMMODATION

Buakao Inn, Thongsala (p81)
077 377226
Comfortable guesthouse rooms in town featuring air-con and cable TV. Convenient for early morning ferry/boat.

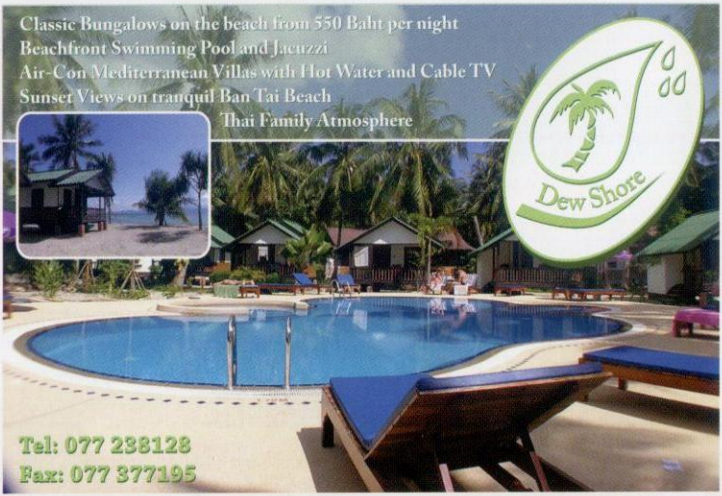
Cookies Bungalow, Ao Plaay Laem (p59)
077 377499 or 077 377711
Offers island hut style bungalows with fan or air-con starting from 300 Baht per night. If you are looking for some fun, also try the sailing and windsurfing.

Dew Shore Bungalows, Ao Ban Tai
077 238128
A wonderful beachfront swimming pool and large modern bungalows makes Dew Shore perfect for families. Old island huts also available from 500 Baht. Reservations: *www.phangan.info/dewshore*.

Garden Lodge, Ao Ban Tai
077 377446
A small resort with spacious private air-con rooms and swimming pool near the beach. For more information and reservations check the website *www.gardenlodge.info*.

Grand Sea Resort, Ao Nai Wok (p71)
077 377776-7
Lanna northern-style resort with modern wooden bungalows set around sunset swimming pool, sauna and sunset beach bar. Reservations: *www.phangan.info/grandsea*.

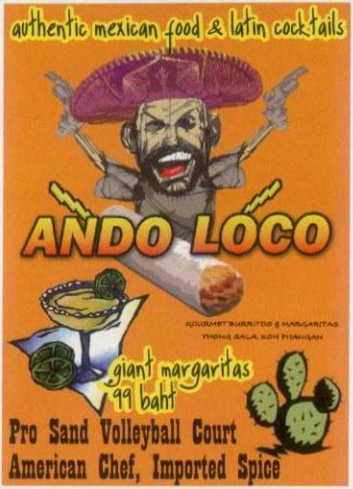
Hansa Resort, Ban Tai (p77)
077 377494
Classic island hut style bungalows with modern facilities, including air-con, satellite TV and mini-bar. Reservations: *www.phangan.info/hansa*.



Milky Bay, Ban Tai (p79)
077 238566
A stylish resort with good facilities, including swimming pool, air-con bungalows on the beach. Reservations: *www.phangan.info/milkybay*.

Phangan Beach Resort, Ao Ban Tai (p85)
01 0816246
A natural style resort with rustic wooden bungalows on the beach, including all the mod-cons such as air-con, mini-bar and UBC TV.

Phangan Centrepoint, Thongsala (p83)
077 377232
Centrally located in the town near all amenities, Phangan Centrepoint has spacious air-con rooms with cable TV. The plaza underneath includes coffee and clothes shops, and a beauty salon.



A's Coffee Shop
AND RESTAURANT
BUAKAO INN GUEST HOUSE



Real Coffee
Big Meals
Big Cocktails

World Famous Breakfast
Sandwiches
Pasta
Salads

Comfortable Rooms
Hot Water
Cable TV & Air-Con



Soi Krung Thai, Thongsala (opposite Krung Thai Bank)
Tel: 077 377226, Email: buakao@samart.co.th

Weang Thai Resort, Ao Ban Tai (p32)
077 377247
On one of the longest beaches on the island, with infinity pool and swim up bar. Range of accommodation and restaurant offering Thai and Western cuisine. Licensed TAT office & MTF Diving on site. International Chef, Sunday roast and daily drinks specials.

RESTAURANTS

A's Coffee Shop, Thongsala (p81)
Great selection of European food - specialities include baguettes and the breakfasts - the pasta goes down well too. Small Thai menu.

Ando Loco, Thongsala (p81)
Authentic Mexican Bar & Restuarant serving excellent food at budget prices. Value meals start at 59 Baht per person. Pro-Sand Volleyball court out the back.

Big Mango Bar & Restaurant (p73)
077 377300 or 01 8046059
This comfy place has a relaxed atmosphere serving up a mix of Thai fusion cuisine and all sorts of cocktails and imported drinks. Specials include alligator, ostrich, lamb and salmon cooked as you like.

The Vantana, Thongsala (p75)
077 238813
Quality English grub; pies, steak, grills and fillets served with chips, beans and veggies. Includes a small Thai menu and salads.

Yellow Cafe, Thongsala (p75)
Opposite the pier makes this a perfect place to grab a snack while waiting for the ferry/taxi. Menu includes jacket potatoes, baguettes, full English breakfast and mugs of tea or coffee.

BARS & CLUBS

Chequered Flag, Thongsala (p75)
07 8914172 (Eng) or 09 8758633 (Thai)
Catch all the latest sports events with 2 satellite systems you'll never miss an event. Sit down and have a drink while receiving help an advice from the friendly bar owner - directly opposite the pier.

Long Shot Bar, Thongsala (p140)
The Long Shot is a popular long running bar in the centre of Thongsala. Happy hours from 8-10pm every night, free pool and live sports events are only part of the appeal.

Jumunjy, Thongsala (p72)
09 6524280
Unique bar with a great atmosphere run by DJ T and Bim, be sure that there will be some great tunes. Specials include cocktails and imported spirits/beers....and an excellent menu to keep you going. Keep an eye out for party nights, not to be missed.

ADVENTURE & ACTIVITIES

Cookies Sailing, Ao Plaay Laem (p59)
077 377711 or 077 377499
Choose from a variety of basic Lazer sailing boats, Hobie catamaran or wind surfing for a fun day out. Suitable for either novices or experts.

Jungle Gym, Thongsala (p53)
06 9520814
www.junglegym.co.th
Personal fitness, thai boxing training, yoga and a full range of fitness equipment to improve your health. Jungle Gym also offer 1 to 3 day yoga workshops.



Air-Con Hotel Rooms
Cable TV
Fresh Coffee
Daily Pastries
Fast Internet







CENTRAL THONGSALA TEL: 077 377232





PC PHA-NGAN CENTERPOINT

SHOPPING PLAZA AND HOTEL







Souvenirs
Cosmetics
Lingerie
Stylish Boutique
Lounge Area



MFT Diving & Travel, Thongsala (p32)
077 377247
www.mtfdiving.com
PADI certified dive resort offering a full range of courses, taught by motivated professional staff in a luxurious setting. Based at Weang Thai Resort. MTF Travel TAT Office near the pier in Thongsala offers dive booking throughout Thailand, diving equipment, travel booking, internet and International calls.

Paintball Warfare, Thongsala (p57)
01 8046059 or 04 8499050
A new 3200m² paintball battlefield has opened near Thongsala - there are a choice of 6 games to play and up to 12 peole can play at a time. Suitable for experts or beginners, you can play the whole day for only 500 Baht per person.

The Living Room, Thongsala (p72)
09 6524280
Buy your popcorn (and beer), take your comfy seat in dark air-con room and prepare to be entertained with an endless list of movies ever made - check the schedule for latest movies on show.

HEALTH & SPA

Monte Vista Retreat Center (p51)
Ao Nai Wok, 01 7477329 or 09 2129188
www.montevistathailand.com
Monte Vista offers cleansing, detox and fasting programs with colonic treatments. Stress reduction and healing programs as well as single treatments for massages, beauty treatments, energy and chakra work and counselling.

OTHER

KP Property, Thongsala (back)
077 377018
www.kp-property.com
Agency dealing with land sales and purchasing, contracts and legal issues and property management.

KP Earth Science, Thongsala (back)
077 238957
www.kp-earthscience.com
GPS Surveying and geographical consultancy, 3D land models.

Paul's Boatyard, Thongsala (p12)
09 6505603
For all your boating needs; repair, build, haulout and chandlery. For more information including local tide tables visit *www.paulsboatyard.com.*

Safe Storage, Thongsala (p09)
09 6505603 or 09 9908313
www.safestorage.in.th
Need to store your possessions/motorbike for any length of time? Safe Storage offers dry, secure and affordable storage in various sized units to suit all requirements.

Village Green Developments, Thongsala
077 238589
Need to build a house, swimming pool or road? VDG have over 5 years experience and and an excellent portfolio on the island.

PHANGAN.INFO WWW.PHANGAN.INFO
SECURE ONLINE CREDIT CARD RESERVATION

Phangan Beach Resort















Our resort is friendly and fun, a great place to relax and unwind.

The wooden natural style bungalows are set in a tropical coconut garden on the beach.

All our bungalows have modern facilities, including air-con, TV, mini-bar and hot water.

We are conveniently located near the sleepy fishing village at Ban Tai, in between Thongsala and Haad Rin.

112/1 Moo 1 Ban Tai, Koh Phangan, Suratthani 84280, Thailand
Tel: +66 (0)77 238809-10, Mobile: +66 (0)1 0816246, Fax: +66 (0)77 238369
E-mail: phanganbeachresort@hotmail.com

GUIDE TO SOUTH EAST

WWW.PHANGAN.INFO

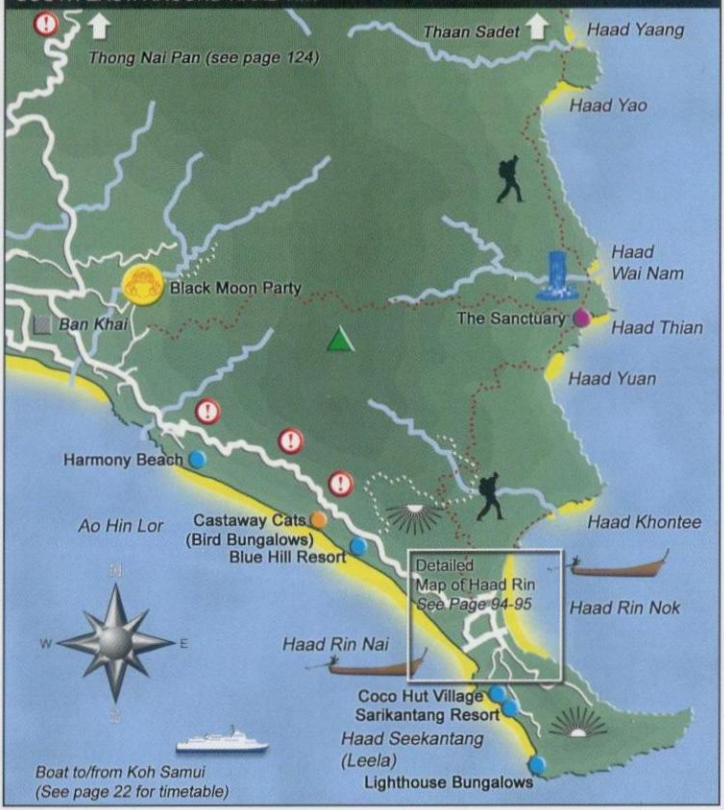
INTRODUCTION

The south east of Koh Phangan is dominated by mountains that occupy virtually the whole region. Apart from the lowlands on the middle of the peninsula, the rest of the landscape is formed in rugged granite, with steep hills leading up to lush peaks covered in tropical rainforest. The beaches are varied with inaccessible getaways found on the east coast, the long winding beaches of Ao Hin Lor and Haad Leela; and Haad Rin, the party capital and most densely populated place on Koh Phangan.

Heading west, the landscape softens and coral starts to appear, the beaches are long unbroken white sand, populated with well-spaced resorts. Thus Haad Leela and Ao Hin Lor are popular places for folk who want to get away from the hubbub of Haad Rin whist still being near everything.

There main attraction to the area is the party town of Haad Rin, though if you head west or north, there are some great secluded beaches where you can immerse yourself in tropical paradise.

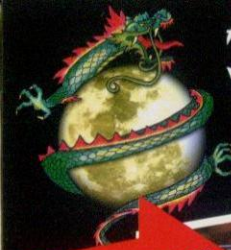




RECOMMENDED	AO HIN LOR	HAAD YUAN	HAAD THIAN
Black Moon Party (p43)	Bangson Villa	Bamboo Huts	Haad Thian
Blue Hill Resort (p105)	Boom's Café	Big Blue Bungalows	World Nature
Coco Hut Village (p99)	Silvery Moon	Barcelona Resort	HAAD WAI NAM
Lighthouse (p99)	Thong Yang	Good Hope	Wai Nam Huts
Harmony Beach (p101)	HAAD LEELA	Haad Yuan Beach	HAAD YAO
Sanctuary (p49)	Leela Beach	Horizon Huts	Haad Yao Cabana
Sarikantang (p100)		Lazy Fish	

PHANGAN.INFO
WWW.PHANGAN.INFO
SECURE ONLINE CREDIT CARD RESERVATION

SAME-SAME
LODGE & RESTAURANT
HAAD RIN

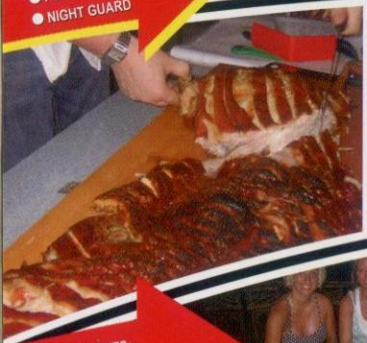


- CLEAN AND SPACIOUS ROOMS
- FAN OR AIR-CON
- SPORTS ON THE BIG SCREEN
- INTERNET
- POOL TABLE
- NIGHT GUARD





NO TECHNO NO TRANCE

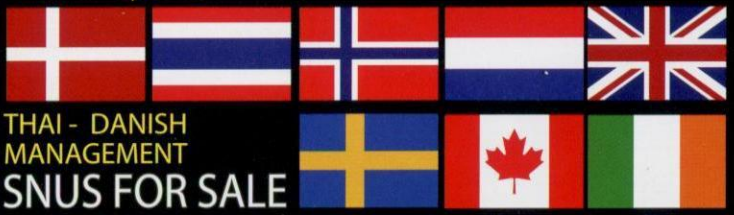




SPECIAL NIGHTS:
- FULL MOON BUFFET & WARM UP PARTY
- BBQ STEAKS & RIBS
- MEXICAN BUFFET
- MONGOLIAN BBQS







THAI - DANISH MANAGEMENT

SNUS FOR SALE

RECOMMENDED BY LONELY PLANET Thailand - Island & Beaches





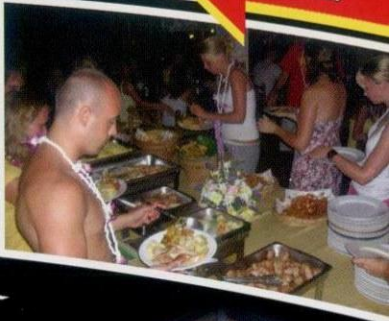




PROFESSINAL CHEF WITH INTERNATIONAL EXPERIENCE

OUR LIVELY BAR SERVES COCKTAILS AT BACKPACKER PRICES







SAME-SAME
LODGE & RESTAURANT



077 375200

www.same-same.com

Sorry! No booking 5 days before Full Moon Party

HAAD RIN (SUNSET & SUNRISE)

Full Moon Party

The notorious Full Moon Party that attracts hundreds of thousands of visitors every year is now a global event talked about throughout the world.

For more information see page 36.

Haad Rin can be divided into two sections, Haad Rin Nok, the lively party beach and Haad Rin Nai, which has a quieter bohemian feel. Haad Rin Nok has the biggest concentration of rooms, clubs and bars, so if you stay there you will be right in the thick of the party vibe. The beach itself is one of the biggest on the island and it fills with sunbathers by day and party goers at night, visiting the many beach clubs and bars that Haad Rin is so famous for.

Haad Rin Nai is located on the southern coast of the peninsula and although there are many restaurants and places to go, it is much more peaceful than the other side, with more boutiques than bars. It's only a short walk to the party beach, so it's an ideal place to stay, within walking distance to all the action but far enough away for some peace and quiet.

Services

Haad Rin is fairly well serviced and has numerous facilities in the town so that you do not have to head to the island's capital if you need assistance. There is a police sub-station, the Bandon International Hospital Clinic, several pharmacies, a post office, two banks, several ATMs and exchange windows.

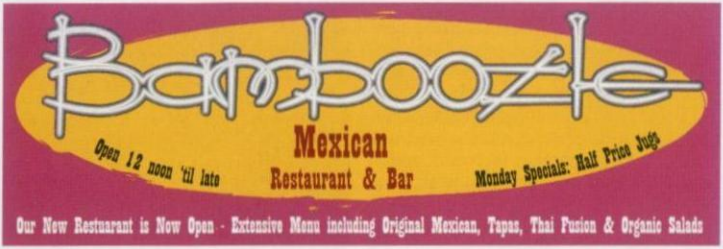


Restaurants

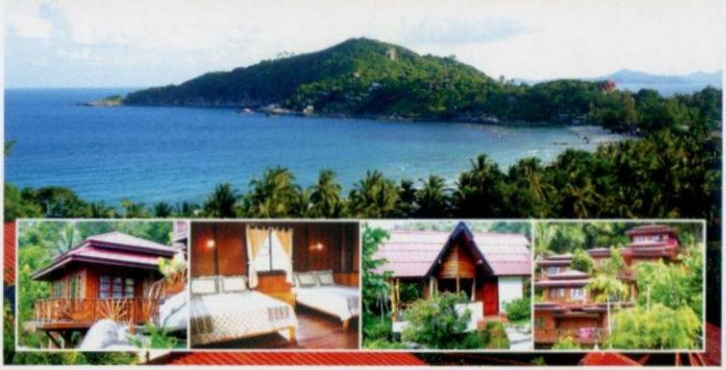
Haad Rin offers the most cosmopolitan mix of restaurants on Koh Phangan, with a vast choice of different tastes all within walking distance of each other. There are beachfront seafood BBQs, Italian, Mexican, Israeli, Moroccan, Mediterranean, Indian and many more varieties as well as traditional Thai restaurants and street stalls. Just wander around the town and head for what you fancy.

Entertainment

There is plenty to keep you occupied between partying in Haad Rin, with several boat trips going to waterfalls and beaches around the island, fishing trips and watersports such as sailing and diving, beach volleyball, football and of course sunbathing! There are also some great walks over to the hills of the east coast to secluded beaches and some great beach walks up on the south coast.







Shopping

Haad Rin is a great place to shop with an excellent variety of crafts, jewellery, clothes, artwork and traditional Thai items. There are a great number of boutique shops throughout the town running all the way to the pier. Prices are reasonable and are often hard to beat, even in Bangkok, there are also many outlets supplying goods in bulk for export.

Bars & Nightlife

You are spoilt for choice if you fancy a drink in the island's nightlife capital. There are beachfront bars for sunset cocktails, beach clubs if you want to dance and loads of bars in the town with everything from pool tables to Playstations. Then there is the infamous clubbing scene that Haad Rin offers, check local publicity to see which party to head for.

Accommodation

Haad Rin offers a great variety of accommodation options, from old skool beach huts to palatial A/C suites. The main party beach of Haad Rin Nok is very lively, but great if you want to be in the middle of everything. Haad Rin Nai is quieter and often easier to finding a room on. Further round the peninsula on Leela beach there are several nice new resorts and down to Ao Hin Lor there are some great value huts as well as a few high end operations.



Baan Talay Guest House





& Chidaraya Spa

Online Reservations : www.phangan.info/baantalay
Tel : +66 (0)77 375083 Fax: +66 (0)77 375082

Baan Talay is a popular guest house on main street in Haad Rin Our guest house offers a good selection of air-con or fan rooms with twin or double beds all rooms have hot water.

Chidaraya Spa, There are also excellent Thai Massage and body treatment.





Palita Lodge

HAAD RIN, KOH PHANGAN

Air Con	Service
Hot Water	Restaurant serving Western and Thai cuisine
Slippers	Travel Booking, Internet and Email
Mini Bar	Transfer service ,Money Exchange
Hair Dryer	International Telephone / Fax
TV and Satellite	Swimming Pool (15 Nov 2006)
Private Balcony	Jeep and Bike for rent
Coffee and Tea Making	Laundry Service

"Whenever you think of your second home Palita Lodge is in your heart"









Palita Lodge

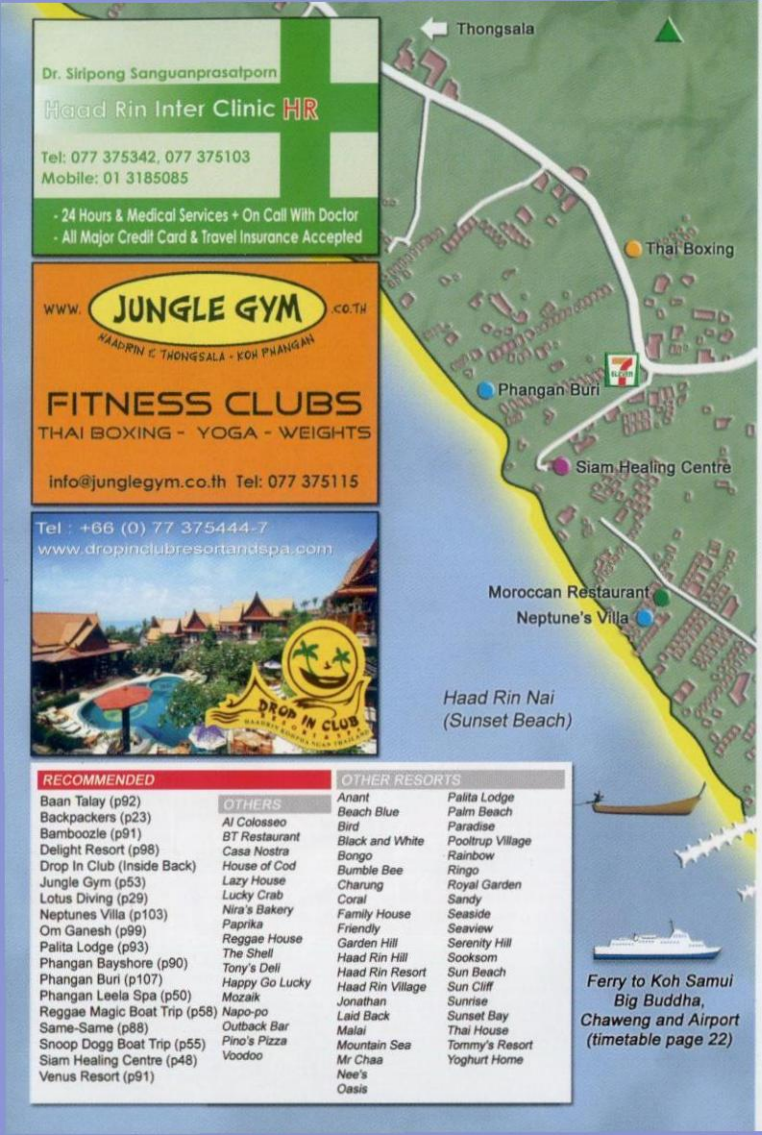
HAAD RIN, KOH PHANGAN

Located in Haad Rin Beach
Tel: +66 (0)77 375170-2 Fax: +66 (0)77 375169
Email: palitalodge@hotmail.com
www.palitalodge.com

Dr. Siripong Sanguanprasatporn
Haad Rin Inter Clinic HR
Tel: 077 375342, 077 375103
Mobile: 01 3185085
- 24 Hours & Medical Services + On Call With Doctor
- All Major Credit Card & Travel Insurance Accepted

WWW. JUNGLE GYM .CO.TH
HAADRIN & THONGSALA - KOH PHANGAN
FITNESS CLUBS
THAI BOXING - YOGA - WEIGHTS
info@junglegym.co.th Tel: 077 375115

Tel : +66 (0) 77 375444-7
www.dropinclubresortandspa.com
DROP IN CLUB



RECOMMENDED

Baan Talay (p92)
Backpackers (p23)
Bamboozle (p91)
Delight Resort (p98)
Drop In Club (Inside Back)
Jungle Gym (p53)
Lotus Diving (p29)
Neptunes Villa (p103)
Om Ganesh (p99)
Palita Lodge (p93)
Phangan Bayshore (p90)
Phangan Buri (p107)
Phangan Leela Spa (p50)
Reggae Magic Boat Trip (p58)
Same-Same (p88)
Snoop Dogg Boat Trip (p55)
Siam Healing Centre (p48)
Venus Resort (p91)

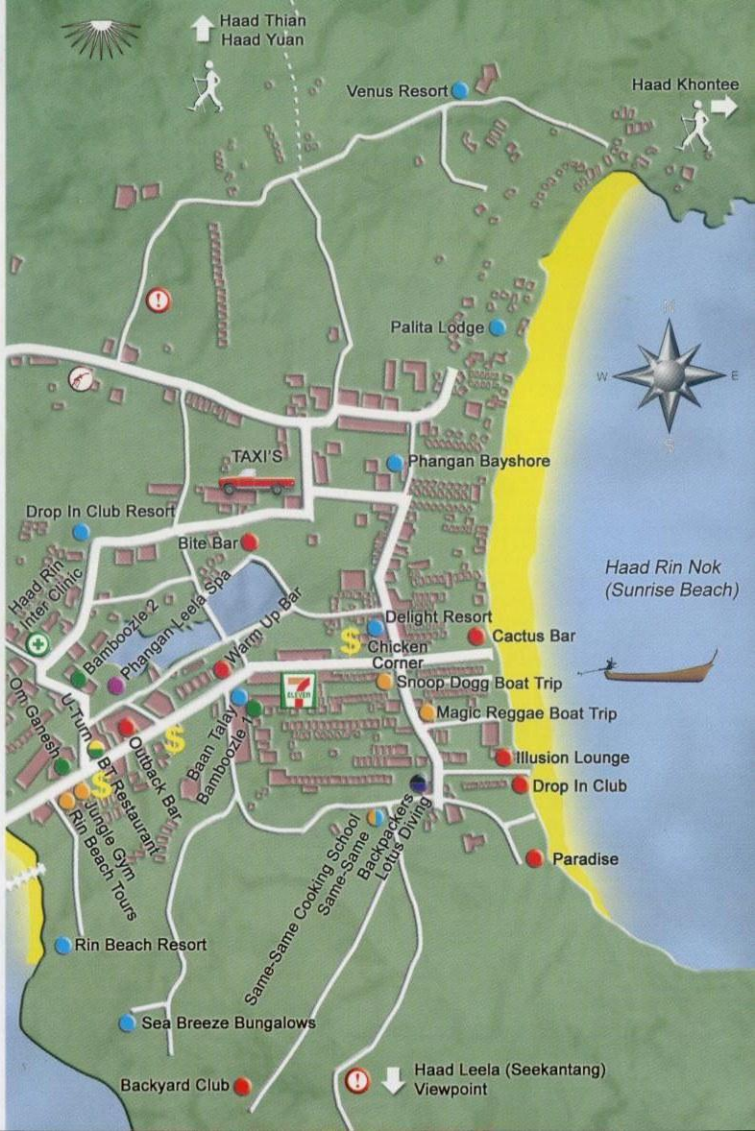
OTHERS

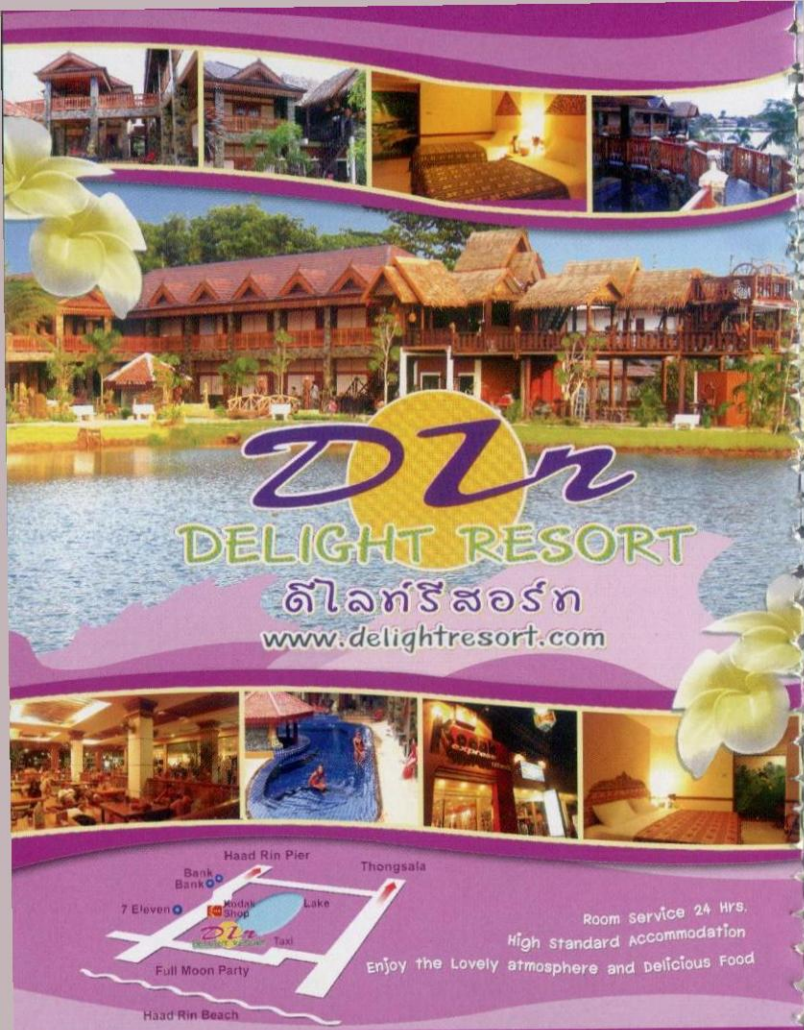
Al Colosseo
BT Restaurant
Casa Nostra
House of Cod
Lazy House
Lucky Crab
Nira's Bakery
Paprika
Reggae House
The Shell
Tony's Deli
Happy Go Lucky
Mozaik
Napo-po
Outback Bar
Pino's Pizza
Voodoo

OTHER RESORTS

Anant
Beach Blue
Bird
Black and White
Bongo
Bumble Bee
Charung
Coral
Family House
Friendly
Garden Hill
Haad Rin Hill
Haad Rin Resort
Haad Rin Village
Jonathan
Laid Back
Malai
Mountain Sea
Mr Chaa
Nee's
Oasis
Palita Lodge
Palm Beach
Paradise
Pooltrup Village
Rainbow
Ringo
Royal Garden
Sandy
Seaside
Seaview
Serenity Hill
Sooksom
Sun Beach
Sun Cliff
Sunrise
Sunset Bay
Thai House
Tommy's Resort
Yoghurt Home

Ferry to Koh Samui Big Buddha, Chaweng and Airport (timetable page 22)


Haad Thian
Haad Yuan
Venus Resort
Haad Khontee
Palita Lodge
N
W
E
S
TAXI'S
Phangan Bayshore
Drop In Club Resort
Bite Bar
Haad Rin Inter Clinic
Haad Rin Nok
(Sunrise Beach)
Bamboozle 2
Phangan Leela Spa
Warm Up Bar
Delight Resort
Cactus Bar
Chicken Corner
Snoop Dogg Boat Trip
Magic Reggae Boat Trip
Om Ganesh
U-Turn
Outback Bar
BT Restaurant
Jungle Gym
Rin Beach Tours
Baan Talay
Bamboozle 1
Illusion Lounge
Drop In Club
Paradise
Same-Same Cooking School
Same-Same
Backpackers
Lotus Diving
Rin Beach Resort
Sea Breeze Bungalows
Backyard Club
Haad Leela (Seekantang)
Viewpoint



DELIGHT RESORT

ดีไลท์รีสอร์ท

www.delightresort.com

Room Service 24 Hrs.
High Standard Accommodation
Enjoy the Lovely atmosphere and Delicious Food

DELIGHT RESORT AND RESTAURANT
Located in Haad Rin, Koh Phangan
Tel: (66) 077-375527-9, E-mail: info@delightresort.com

Kodak express
THE BEST PICTURE IN TOWN

Cocohut

Private Beach Resort + Bungalow



Welcome to.....
Cocohut village, the village of peaceful atmosphere on one of the most beautiful beach of Pha-ngan Island which you can escape from all chaos.







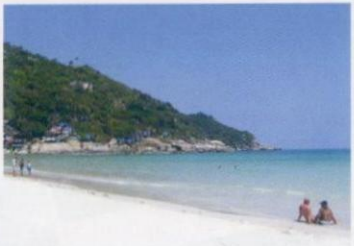




130/20 Moo 6 T. Bantai A. Koh Pha-ngan
Suratthani 84280.Thailand
Tel. +66 (0)77 375368
www.cocohut.com
Email: info@cocohut.com

BEACHES

Haad Rin Nok (sunrise)
Haad Rin Nok is the party beach on the sunrise side of the peninsula; it is an extremely picturesque beach which by day is full of sunworshippers and in the evenings, full of nightlife!

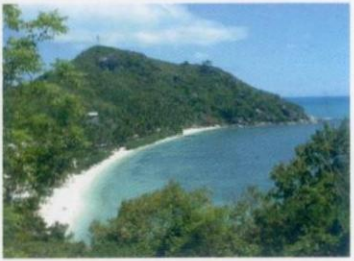


Haad Rin Nai (sunset)
On Haad Rin Nai there are several high end resorts, great for escaping the noise of the parties and relaxing in air con as well as a few cheapies. The beach itself is usually fairly deserted and it's got a good stretch of white sand on which you can while away a few secluded hours.

Haad Khontee
Haad Khontee is a small deserted beach in the bay of Haad Rin Nok, there are no bungalows and it is best accessed by foot, strong tides can make it a danger to swim to.

Ao Hin Lor
Ao Hin Lor is a long white sand beach fringed by coral. There are several resorts spaciously placed with both low end and high end accommodation available.

Haad Leela (Haad Sarikantang)
Haad Leela is located on the headland and is a great beach to stay at if you want to be near the action, but not too near. It has a relaxed atmosphere and a long palm fringed white sand beach.



Haad Yuan
Haad Yuan is a small and chilled beach with a couple of resorts and an old skool Phangan vibe running strong. It is accessible only by boat or mountain footpath.

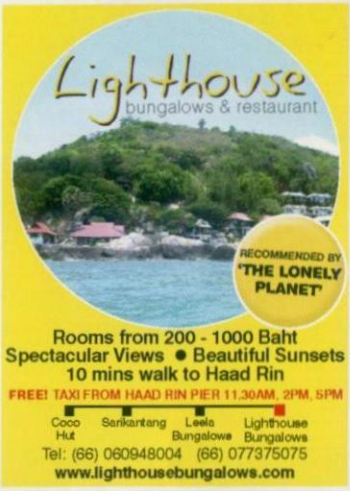
Haad Thian (east)
Haad Thian has been a favourite with the new age and travelling crowd ever since people started trying to escape from Haad Rin. The Sanctuary is a healing centre with instruction in yoga, tai chi, meditation and massage that is built into the huge boulders on the hillside overlooking Haad Tian. There are also several other bungalow operations. Access only by boat or mountain footpath.

Haad Wai Nam

Haad Wai Nam is a small rock fringed beach with idyllic white sand and beautiful clear green waters, great for swimming. There is one resort at present, who generate their own power and the beach can only be reached on foot or by boat.

Haad Yao (east)

Haad Yao is a scenic secluded bay with white sand and clear waters and is only accessible on foot or by boat, there are only two resorts and both have to generate their own power giving it a real desert island feel.



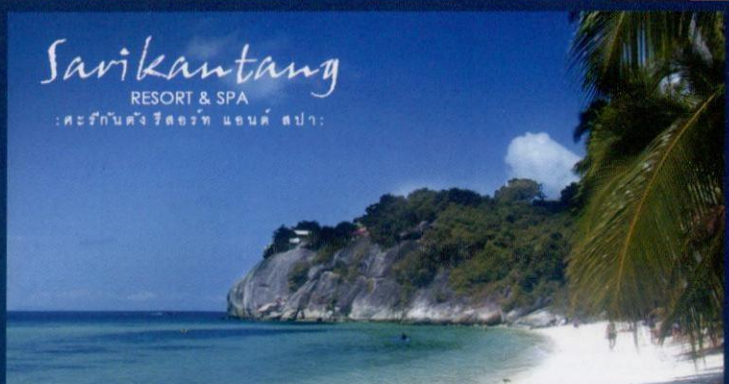
Rooms from 200 - 1000 Baht
Spectacular Views ● Beautiful Sunsets
10 mins walk to Haad Rin
FREE! TAXI FROM HAAD RIN PIER 11.30AM, 2PM, 5PM

Coco Hut | Sankantang | Leela Bungalows | Lighthouse Bungalows

Tel: (66) 060948004 (66) 077375075
www.lighthousebungalows.com



Sarikantang
RESORT & SPA
:ศะรีกันตัง รีสอร์ท แอนด์ สปา:















SARIKANTANG RESORT & SPA

: YOUR HOME AWAY FROM HOME :

Casual luxury beach resort and spa on private Seekantang (Leela) Beach. "see the map on page..."

- 5 minutes walk from Haad Rin
- Full Facilities
- Beachfront Pool
- Restaurant & bar
- Spa on the beach (All guests welcome)
- Internet
- Reasonable price from 600-4,000 Baht*.

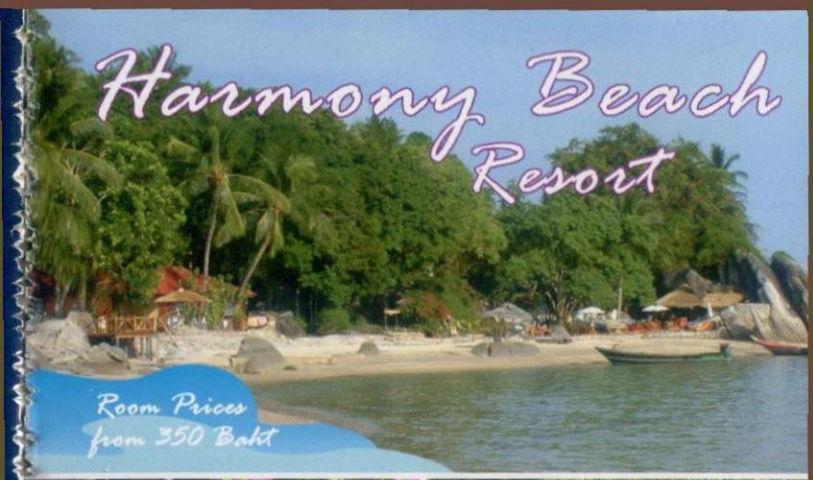
To visit our beach SPA, please call for free taxi in Haad Rin

* Prices are subject to change without prior notice

Tel. : 077 375-055 / 056 / 057
Mobile : 01 444-1322

http://www.sarikantang.com
sarikantang@yahoo.com

Harmony Beach Resort



Room Prices from 350 Baht











Private Secluded Beach • English Managed

Satellite/DVD • Idyllic Restaurant • Barbecues
Air-Con/Fan • Hot Shower

Tel: Dave 06 8854646 or Kwan 06 8855509
Reservations: www.phangan.info/harmony

ACCOMMODATION

Baan Talay, Haad Rin (p92)
077 375083
Guesthouse near the pier with air-con rooms suitable up to 4 people - clean, convenient and comfortable.

Blue Hill, Haad Rin Nai (p105)
077 375557-9
The resort includes new air-con bungalows all with stunning views over Koh Samui and seafront swimming pool.

Coco Hut Village, Haad Leela (p99)
077 375368
Good choice of bungalows and rooms at different standards so suit most budgets; facilities include swimming pool and beachfront bar.

Delight Resort, Haad Rin (p98)
077 375527-8
Footsteps away from Haad Rin Nok, the rooms are high standard with air-con, TV, mini-bar and hot water.

Drop In Club Resort, Haad Rin (p143)
077 375444-7
Based in central Haad Rin with top-end hotel facilities, including swimming pool and spa.

Harmony Beach, Ao Hin Lor (p101)
06 8854646
A good choice of bungalows suitable for people in search of peace and quiet in a funky atmosphere.

Lighthouse Bungalows, Haad Leela (p99)
077 375075
Cheap and mid-range fan bungalows with spectacular scenery close to Haad Rin.

Neptune's Villa, Haad Rin Nai (p103)
077 375251
Modern resort on the beach with standard or deluxe air-con rooms and great sunset restaurant.

Palita Lodge, Haad Rin Nok (p93)
077 375170-2
Directly on the beachfront at Haad Rin sunrise, Palita offers a choice of cheaper bungalows or more modern suites with lots of extras.

Phangan Bayshore, Haad Rin Nok (p90)
077 375227
Cheap beachfront bungalows and modern air-con rooms right on the famous Haad Rin Nok beach.

Phangan Buri, Haad Rin Nai (p107)
077 375481
A popular resort with air-con bungalows and hotel rooms, swimming pool and beachfront restaurant. Spa includes massage and herbal steam sauna.

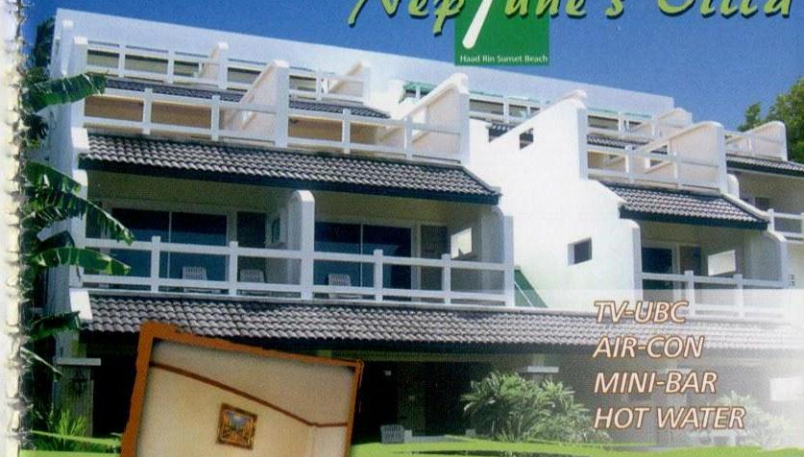
Rin Beach Resort, Haad Rin Nai
077 375112-3
Directly next to the pier, the resort has a range of cheap fan bungalows or new air-con rooms all with excellent sunset views.

Same-Same Lodge, Haad Rin (p88)
077 375200
Guesthouse with clean and simple fan and air-con rooms on the way to Haad Leela. Close to Haad Rin Nok the beach.

PHANGAN.INFO WWW.PHANGAN.INFO
SECURE ONLINE CREDIT CARD RESERVATION

Neptune's Villa

Haad Rin Sunset Beach



TV-UBC
AIR-CON
MINI-BAR
HOT WATER









Moroccan Restaurant
Sunset Views

Cous Cous
Kebabs
Tajins
Matboukha
Humous
Grilled Fish
Limonana

2nd floor - upstairs at Neptune's Villa

Neptune's Villa
110/6 Haad Rin Nai, Koh Phangan, Suratthani 84280, Thailand
Tel: +66 (0)77 375251, Fax: +66 (0)77 375301
www.phangan.info/neptune

Sarikantang Resort, Haad Leela (p100)
077 375055-7
Air-con and fan bungalows on the beach and hillside near to the main town of Haad Rin.

Sea Breeze, Haad Rin
077 375162, 077 365362
Hillside resort with fan and air-con bungalows all with excellent views. Easy scenic walk around to Haad Leela.

Sea Garden Resort, Haad Rin Nok
077 375283-4
Hotel and bungalows only a 50-metre walk to the sunrise beachfront. Air-Con and fan rooms - includes exclusive suite.

Venus Resort, Haad Rin Nok (p91)
077 375011 or 01 8927451
Spectacular views from the north-end of Haad Rin Nok. Good bungalows and easy walk to the beach.

RESTAURANTS

Bamboozle, Haad Rin (p91)
07 8964941
Mexican - quesadilla, burritos, tacos, salsa, nachos, guacamole - Tapas, Thai Fusion and organic salads. Yum!

BT Restaurant, Haad Rin
077 375255
Near the pier; offers good selection of International and Thai cuisine - daily movies.

Moroccan Restaurant, Haad Rin (p103)
077 375251
At Neptune's Villa, this sunset restaurant serves a wide Moroccan menu including cous cous, kebabs and humous....mmm delicous!

Om Ganesh, Haad Rin (p99)
06 0632903
Established in 1997, Om Ganesh serves a wide choice of authentic Indian dishes; tandoori, curry, fresh naan bread and traditional combination of non-veg and veg thali's. 100 more mouth-watering dishes served daily. Call us.

BARS AND CLUBS

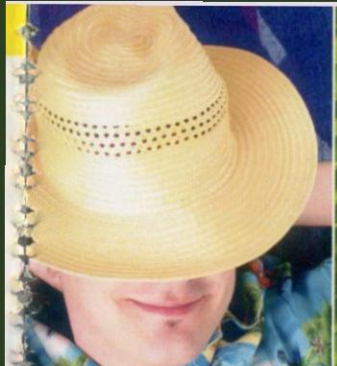
Outback Bar, Haad Rin
A great place to hang out for a drink, but also has an extensive International menu including full English breakfast, pies, fish 'n chips and steaks.

Bite Bar, Haad Rin
077 375544 or 06 6897783
Chilled out bar on the lakeside serving up BBQ, Italian pasta, Meditterranean tasties, homemade kabbab, meatballs and falafels. Thai food. Try the flavoursome Sheesha pipes for afters!

SHOPS

Himalayan Art Gallery, Haad Rin (p99)
06 0632930
Gift shop with imported goods from Nepal, India and Tibet. 100% Pashmena blankets, paintings, thankas and meditation bowls.

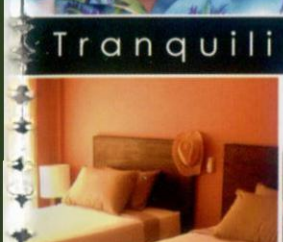
U-Turn, Haad Rin
01 7978815
Groovy inexpensive jeans, t-shirts, shorts, jackets for both sexes in a tight-fitting boutique near the Haad Rin pier. Don't get stuck in there too long unless you can resist a bargain.



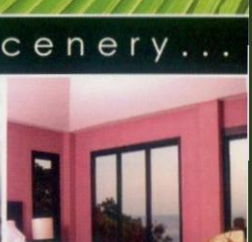
Blue Hill

Phangan's Finest Views Resort

Tranquility meets Scenery...







Blue Hill Resort, an oasis of tranquillity on the paradise island of Koh Phangan, Thailand. Our resort is nestled in lush tropical gardens that cascade down the hillside to the unspoiled beauty of Haad Rin Nai Beach, Koh Phangan

Here we offer a unique combination of 4 Beachfront Villas, 14 Sea View Villas and 12 Deluxe Rooms, all offering magnificent views of the sea and Koh Phangan's stunning sunsets.

Contact: 077 375 557-9

Blue Hill Resort (Haad Rin Nai) Web: www.bluehillresort.com Email: info@bluehillresort.com

ADVENTURE & ACTIVITIES

Jungle Gym, Haad Rin (p53)
077 375115
Personal fitness, thai boxing training, yoga and a full range of fitness equipment to improve your health. 1 to 3 day yoga workshops now available.

Lotus Diving, Haad Rin (p29)
077 374142, 077 374097 or 09 4694719
Interested in doing a spot of diving around the crystal clear waters of Koh Phangan? Contact the Lotus Diving office at the Backpackers Information Centre near Paradise Bungalows.

Reggae Magic Boat Trip, Haad Rin (p58)
01 0859137
As the original longtail boat trip on Koh Phangan, Reggae Magic Boat Trip leaves Haad Rin at 12.00pm for a fun-packed adventure around the island, including a free dinner at Reggae Magic Bar upon returning at 6.00pm.

Same-Same Cooking School (p63)
077 375200, Haad Rin
Offers 1, 3 or 5 day cooking courses certified by the Ministry of Education are taught in English.

Snoop Dogg Boat Trip, Haad Rin (p55)
09 5293828 or 077 375364
Snoop Dogg goes around the island daily visiting all the most popular sights, lunch provided. Tickets can be purchased at most travel agents or at Chicken Corner in Haad Rin.

HEALTH & SPA

Phangan Leela Spa, Haad Rin (p50)
077 375563-4
In central Haad Rin, Phangan Leela Spa can offer a relaxing massage from a range of different techniques and also 3-5 day massage courses certified by the Ministry of Education.

Sarai Spa, Haad Leela (p100)
077 375055-7
You'll find this spa at Sarikantang Resort on the sunset beach of Haad Leela. The extensive service includes body/facial scrubs, massage and herbal steam sauna in a natural setting.

Siam Healing Centre, Haad Rin
077 375450-1
Wonderfully placed on a viewpoint overlooking Haad Rin Nai beach, Siam Healing Centre has a team of therapists with various skills including yoga, massage, meditation, tai chi and qi gong. Now also includes a herbal steam sauna.

The Sanctuary, Haad Thian (p49)
01 2713614 or 01 8942269
As a long-term favourite, The Sanctuary is an alternative island resort located on the secluded east coast, about 10 minutes in a boat taxi from Haad Rin. The resort offers accommodation, healthy food and a variety of healing/natural therapies.

HEALTH CLINIC

Haad Rin Inter Clinic, Haad Rin (p9)
077 375342, 077 375103 or 01 3185085
Over 7 years experience treating patients in Haad Rin town. 24 hour service. All major credit cards accepted.

PHANGAN.INFO WWW.PHANGAN.INFO
SECURE ONLINE CREDIT CARD RESERVATION

Phangan Buri
Resort & Health Spa

Welcome to the fabulous place..



120/1 Maad Rin Nai Beach, Koh Phangan, Suratthani 84280, Thailand
Tel: +66 (0)77 375481 / +66 (0)77 375489
Fax: +66 (0)77 375482
E-mail : info@phanganburiresort.net
www.phanganburiresort.net

GUIDE TO NORTH WEST

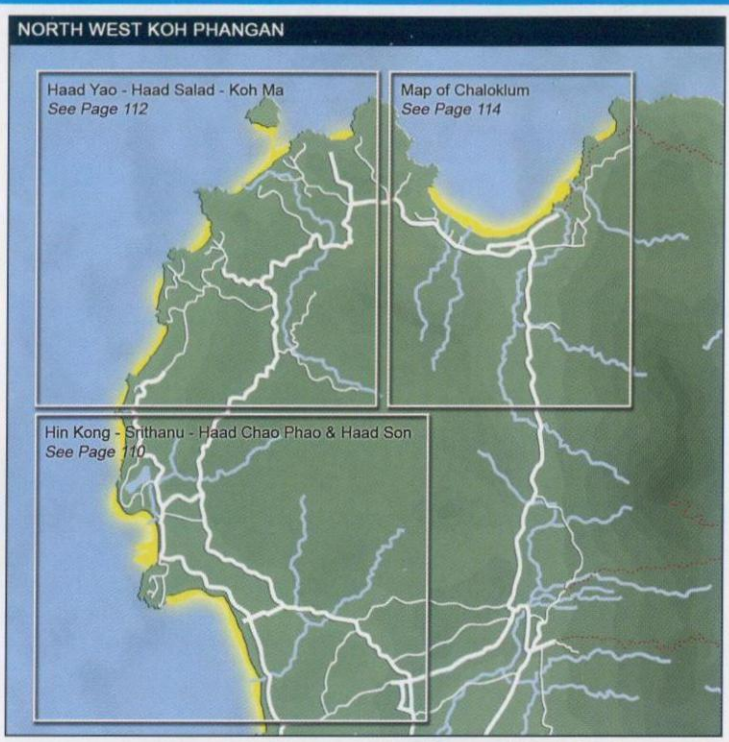
WWW.PHANGAN.INFO

INTRODUCTION

The north west coast of Koh Phangan plays host to the island's most diverse and interesting stretch of coral reef. There are more corals here than anywhere else on the island due to the westerly facing beach aspects and other conditions that make it so suitable for diving and snorkelling. From Haad Chao Phao to Koh Ma, there are dive sites at every beach and virtually all of them can be swam to, making it possible for every level of underwater enthusiast to enjoy the amazing marine life. At the point where Ao Wok Tum meets Laem Sri Thanu, the coral reef starts nearer the beach and the wide sand flats that dominate the coast further south become smaller; thus the swimming conditions improve dramatically and the coral rich area becomes a haven for marine life. The coastline also starts to break up, forming more coves and bays that isolate each beach and enhance the beauty of the landscape.

The outstanding natural beauty of the area has drawn visitors since the first bungalow operations started twenty or so years ago, thus there are many well-established family run resorts that have set the high quality of accommodation that exists in the region; a lot have swimming pools, air con rooms and even wine lists.





There are several waterfalls in the region and it is easily possible to beach hop up the coast by foot if you want to explore the area, whilst at the southern end of Haad Chao Phao, Laem Son Lake is a great place to get a swim in freshwater under the backdrop of cool shady pines. Due to the north-west's longstanding popularity, there is great seafood, Isaan food and noodles; there are also several restaurants serving top quality European food in the region as well as plenty of nightlife, with several great beach bars/clubs and Paradise Waterfall; a hilltop party venue in Chaloklum.

PHANGAN.INFO
WWW.PHANGAN.INFO
SECURE ONLINE CREDIT CARD RESERVATION



RECOMMENDED

Chills Bay (p117)
Haad Yao Divers (p27)
Village Green (p111)
Pirate Bar (p42)
Sunset Cove (135)

AO HIN KONG

Lipstick Cabana
Nantakarn
Phangan Twilight

LAEM SRITHANU

Banana Beach
Chai Country
Loy Fa
Moon Beach

CHAO PHAO

Great Bay
Green View
Haad Chao Phao
Hut Sun
Jungle Hut
Nakorn Palm Beach
Phangan Cabana
Rock Garden
Seethanu
Seaflower
Sun View

AO SRITHANU

Bovy Resort
Lada's
Laem Son
Seaview Rainbow
Siranee Supermarket
The Beach

SRITHANU

Ban Sri Thanu, the local village and small fishing port is a quaint and interesting place with quite a lot going on. There are several bars and great value Thai restaurants, as well as a market and food area that is located at the main crossroads.

Haad Chao Phao is only a few minutes walk from Ban Sri Thanu where there are several cool beach bars, a pub and a few good places to eat; there is also Laem Son Lake, a freshwater pine shaded paradise. The coastline changes at Laem Sri Thanu, where the sea gets deeper and a vibrant coral reef thrives, thus anywhere along this coastline there is an amazing underwater world just metres away.



South of Laem Sri Thanu the sea is shallower thus there are fewer resorts, but that adds to the draw of the wide open space giving a feeling of seclusion and tranquility; thus the Hin Kong to Sri Thanu area is very popular for long term house rental.

Pub, Restaurant and Bungalows
The Village Green
Traditional Thai and Worldwide Cuisine
Tel: +66 (0)77 349217





website: www.phangan.info/villagegreen, email: bengreen001@hotmail.com



RECOMMENDED

Apple Bar
Bounty Resort (p113)
Green Papaya Resort (p139)
Haad Son (p1)
Haad Yao Divers (p27)
Long Bay (p3)
Lotus Diving (p29)
Mae Haad Cove (p122)
Phangan Utopia
Salad Beach (p121)
Sandy Bay (p119)
Yoga Retreat (p48)

HAAD SON

High Life
Tantawan

HAAD YAO

Bay View
Benjawan
Blue Coral
Dream Hill
Graceland
Haad Yao
Ibiza
Long Beach
Over the Bay
Sea Board
Silver Beach

HAAD THIAN

Haad Thian

HAAD GRUAD

Haad Gruad
High Life

HAAD SALAD

Asia Bungalows
Haad Lad
My Way
Natural Resort
Rasta Bar
Salad Hut

HAAD MAE HAAD

Island View Cabana
Koh Ma Dive Resort
Mae Haad Bay
Mae Haad View
Royal Orchid Resort
Wang Sai
Wang Sai Garden

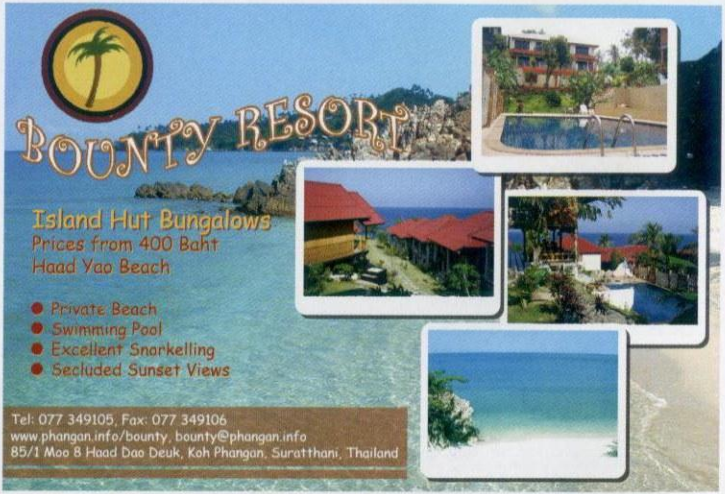
AROUND HAAD YAO

Haad Yao is thought to be one of the most beautiful beaches on Koh Phangan with a wide cove flanked by steep rocky peninsulas surrounding nearly one kilometre of perfect white sand. It is a popular beach that has developed to accommodate both budget and high end tourist markets with several great restaurants and a variety of beachfront bars. There are also supermarkets, a snooker hall and some cool viewpoint bars.

Further up the coast Haad Tien and Haad Gruad are secluded getaways with some great rooms on the beach. Haad Salad used to be a pirates hideout but has moved on since then, with old skool and high end resorts, a beautiful landscape and coral reef; making it very similar to Haad Yao but on a smaller scale. Further north Haad Mae Had and Koh Ma are a tropical and underwater



paradise bordering Koh Phangan's only Marine Park. Koh Ma is a small island just off the coast with a sandbar that links the two islands. Here it's possible to spot turtles, harmless reef sharks and swim amongst shoals of colourful tropical fish. The region is fairly mountainous away from the coast, with Wang Sai Waterfall and a number of mountain trails and walks to follow; and with the large concentration of beaches in the north west, it is possible to beach hop up the coastline.



CHALOKLUM: NORTH KOH PHANGAN



RECOMMENDED

Chaloklum Bay Resort (front)
Chaloklum Diving (p29)
First Bow & Arrow Club (p59)
Lotus Diving (p27)
Ocean View Resort (p115)
Phangan Adventure (p52)
Phangan Safari (p138)

AO CHALOKLUM

Café Del Mar
Chill Bar
Fanta
Malibu Beach
Rose Villa
Sheesha Bar
The Dive Inn
Try Thong
Wattana

HAAD KHOM

Coconut Grove
Coral Bay
Haad Khom

CHALOKLUM

Chaloklum village is the north's main fishing port and has a wealth of inexpensive seafood restaurants serving fresh delicacies such as locally caught squid. There are also a few bars to visit and Chaloklum is home to Paradise Waterfall, a fantastic hillside nightclub.

The maritime roots have encouraged several dive schools to locate here and there are numerous dive and snorkelling sites nearby. It is fairly mountainous and gets more rugged as you head east, thus there are a number of trails to climb if you're into walking, waterfalls to visit and the Chinese Temple just outside the village.

Chaloklum beach itself is very long, the village is located in the middle and good value resorts flank either side of the scenic



bay. Further east Haad Khom has a small coral reef and both good value and high end resorts; the dirt road is hard to negotiate without a 4WD, but boat taxis run regularly from the pier in Chaloklum.

PHANGAN.INFO

Ocean View
Beach Resort
Koh Phangan





from 300 - 600 B. (prices are subject to change with out prior notice)

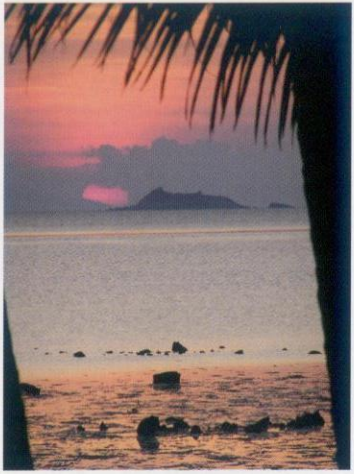
Haad Khom, Koh Phangan
Second Best Snorkelling Spot on Koh Phangan
Contact For Free Ride At 1pm. From **TAKE A REST BAR**
(opposite siam commercial bank thongsala, koh phangan)

www.welcome.to/oceanview E-mail : ocean_view99@hotmail.com
Mobile: +66 (0)78 887554 Tel: +66 (0)77 377231

BEACHES

Ao Hin Kong

Ao Hin Kong is a long bay that is mostly undeveloped, the coral reef lies about 300 metres off the beach and Mangrove trees line the coast giving the place an untouched feel, great for catching a sunset in solitude. A sign warns not to take seashells and corals from the bay, respect this as it is a haven for nature and it is illegal to take them home.



Ao Srithanu

Laem Sri Thanu is a peninsula lying between Hin Kong and Ao Sri Thanu. It extends way out from the coast and the small beaches that populate its coastline are close to the coral reef. It's also a good spot for beach fishing. On the northern end of Sri Thanu Bay the beach is split by a river estuary and has to be reached by footbridge, the sand is plentiful and the beach wide.

Haad Chao Phao

Haad Chao Phao has beautiful sunset views and softly curved bay that is the image of paradise. The sand is white and fine and the sea shelf is steeper before the reef, thus it is possible to swim whatever the tidal conditions. The reef is about 100 metres from the beach and once crossed the rich coral and vibrant sea life are an attraction for divers and snorkellers.

Haad Son

Haad Son is a secluded tropical getaway that has some good quality resorts at its northern end. It is a small scenic palm fringed cove with a wide stretch of white sand.

Haad Yao

Haad Yao or "Long Beach" is picture postcard material, with a 1km beach that is wide enough to play football on with sunset views, coral reef, beautiful vistas and more than enough space to allow for its ever expanding popularity; many consider it the "perfect" beach.



Haad Thian (west)

Haad Thian is a small secluded beach with only one resort. Here the sand is courser mixed with coral deposits. It is fairly close to the reef, but is shallow before it thus swimming conditions are best in high tidal season unless you venture over the reef.

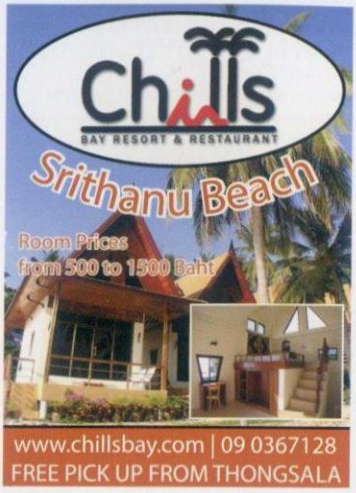
Haad Gruad
Haad Gruad is a small picturesque beach with course sand and coral deposits. It is too shallow to swim most of the time before the nearby reef, but drops off fairly steeply after; there is one boutique resort.

Haad Salad
Haad Salad is a beautiful and peaceful beach; good for swimming in high tidal seasons with a reef about 150 metres offshore that is a well-known dive site.

Haad Mae Haad
Mae Had has recently gone through a lot of changes, it has greatly improved road connections and there is a village building up behind it. There are quite a few resorts, but as the beach is fairly long, there's still enough room for solitude. It has sunset views over Koh Ma and the waters and coral reef that surround it are designated as a Marine Park as they are so rich in sea life, with turtles and small reef sharks. The beach has a sand bar that you can walk across to reach Koh Ma.

Haad Thong Lang
Haad Thong Lang or "Golden Deserted Beach" is exactly that. At present there are still no permanent settlers there, although recently a couple of huts have gone up but are rarely inhabited. It has a shallow coral bay with a reef that creates a beautiful lagoon in high tide.

Ao Chaloklum
The beach on Ao Chaloklum is about 2½km long, with the village of Chaloklum right in the centre. As it is still primarily a fishing village you can find the local fishermens' wonderfully handcrafted longtail boats with truck engines mounted on the back; a great view to take in while eating in the local restaurants. At either side of the village



there are some nice wide stretches of palm fringed beach.

Haad Khom
Haad Khom is a pretty little beach on the east side of Chaloklum Bay, known for its laid back vibes and is popular with long-termers looking to get away from the hoards. It is a popular spot for snorkelling due to the extensive living coral reef.



ACCOMMODATION

Bounty Resort, Haad Dao Duek (p113)
077 349105
Fan or air-con bungalows in a traditional wooden or concrete style. Spectacular sunset views from the balcony. Reservations: *www.phangan.info/bounty*.

Chaloklum Bay, Chalokum (inside front)
077 374147-8
Beachfront bungalows with fan or air-con. Includes good rates for long-term stay and a few houses for rent. Reservations: *www.phangan.info/chaloklumbay*.

Chills Bay Resort, Srithanu (p117)
07 2674016
Only 9 bungalows - fan or air-con - on the beachfront facing sunset. Unique rock swimming pool. Reservations: *www.phangan.info/chills*.

Ocean View Resort, Haad Khom (p115)
077 377231 or 07 8887554
Beachfront fan bungalows landscaped up the hillside, nicely furnished throughout. Restaurant serves an tasty selection of Thai treats. Excellent snorkelling off the rocks near the resort. Free pick-up at Take-A-Rest Bar in Thongsala at 1pm every day.

Green Papaya Resort, Haad Salad (p139)
077 349280
Stylish resort, modern wooded cottages set among lush green gardens, beachfront swimming pool.

Haad Son Resort, Haad Son (p1)
077 349103-4
Private beach, swimming pool and selection of modern air-con or cheaper traditional wooden fan bungalows all either beachfront or viewpoint. Reservations: *www.phangan.info/haadson*.

Long Bay Resort, Haad Yao (p3)
077 349057-9
Modern resort with swimming pool and air-con beachfront bungalows. BBQs in the evening. Reservations: *www.phangan.info/longbay*.

Mae Haad Cove, Mae Haad
077 374254 or 05 7848694
There are 7 bungalows all with sea views, you can walk directly onto the beach! Prices are good too, starting at just 300 Baht per night.

Phangan Utopia, Mae Haad
077 374093 or 01 8953783
Air-con and fan bungalows at reasonable rates with amazing viewpoint swimming pool close to private beach and Koh Ma.

Salad Beach, Haad Salad (p121)
077 349149 or 077 238242
Good selection of high quality rooms and bungalows; includes swimming pool and beachfront restaurant. Reservations: *www.phangan.info/saladbeach*.

Sandy Bay, Haad Yao (opposite)
077 349119
The resort takes up the entire southern end of Haad Yao beach and has a good selection of fan and air-con bungalows on the beach. Reservations: *www.phangan.info/sandybay*.

RESTAURANTS

Village Green, Chao Phao (p111)
077 349217 or 077 349218
English owned and managed, the Village Green has an extensive International menu including pies and full English breakfast, a Mexican selection with vegetarian options and some damn good Thai dishes. There are also a couple of modern bungalows available at good prices. Full Sunday roasts



every week; book early to be sure not to miss out! Reservations: *www.phangan.info/villagegreen*.

Chills Bay Restaurant, Srithanu (p117)
07 2674016
Chills Bay Resort restaurant serves quality Western and Thai food. The menu includes freshly made Italian, Mexican & English dishes, including a traditional Sunday Roast every week. Thai menu also available. All food is freshly prepared & cooked.

BARS & CLUBS

Apple Bar, Haad Yao
09 5904221
The bar is situated on the main Haad Yao road and boasts one of the most beautiful views over the bay. Open every day from 8pm 'til late, playing a wide selection of music from around the globe and you can always guarantee a good atmosphere. Every Sunday DJs from Bauhaus, Koh Samui; so if you like to dance to a bit of funk or just chill-out with friends this is the place to be! This season has joined forces with the Village Green to offer you Europeans a taste of home....home cooked roast before you party!

Ju Ju Bar, Haad Yao (p112)
06 2764088
Previously known as the Nine Bar, the Ju Ju Bar is due to re-open in August 2006 to a different flavour.....roots, jazz, funk and soul. Pool and snooker table, small menu. Expect weekly parties.

PHANGAN.INFO

ADVENTURE & ACTIVITIES

Chaloklum Diving, Chaloklum (p31)
077 374025 or 01 4772005
15+ years experience diving on Koh Phangan, luxury dive trips & personal PADI programmes from novice to professional, based in Chaloklum and Mae Haad Beach.

First Bow and Arrow Club (p59)
Chaloklum, 01 2740173
The first Archery club has opened near Chaloklum Village. It is easy to try out this famous sport with equipment and instruction available, all levels welcome from beginner to professional. Open 9am-6pm.

Lotus Diving, Chaloklum (p29)
077 374142, 077 374097 or 09 4694717
As a well-established PADI certified dive centre, Lotus Diving can offer most courses in a range of languages; including English, German, French and Hebrew.

Haad Yao Divers, Haad Yao (p27)
04 8412102 or 06 2793085
A friendly PADI certified dive school on the beachfront of beautiful Haad Yao. They can offer courses for all levels in English, Deutsch, Francais and Japanese. Dive trips also available.

Phangan Adventure, Chaloklum (p56)
077 374142 or 077 374097
Based at Lotus Diving, contact for boat trips, snorkelling, mountain biking, trekking, wake-boarding and sailing.

HEALTH & SPA

The Yoga Retreat, Haad Salad (p48)
077 374310
www.yogaretreat-kohphangan.com
The Yoga Retreat is a family run business run by highly qualified instructors with courses available at every level; from Hatha, Pilates and Alexander technique.



Salad Beach Resort



SWIMMING POOL
QUALITY ROOMS
BEACHFRONT
AIR-CON
MINI-BAR
UBC TV
HOT WATER

BARBECUES
FRESH SEAFOOD
SNORKELLING
BOAT TRIPS













Tel: +66 (0)77 349149 or +66 (0)77 238242, Fax: +66 (0)77 349275
www.phangan-saladbeachresort.com,info@phangan-saladbeachresort.com

GUIDE TO NORTH EAST

WWW.PHANGAN.INFO

INTRODUCTION

The wild and untamed east coast of Koh Phangan is the most mountainous region on the island. Steep volcanic hills run down to sheer cliffs that dominate the rugged coastline. Only a few beaches occupy this region and all that do are formed into idyllic deep coves that are the embodiment of tropical paradise. Thong Nai Pan Yai and Thong Nai Pan Noi are two of the island's most celebrated beaches they also have the most vibrant scene on the north east coast with plenty of bars and the biggest village in the region. Haad Sadet and Haad Thong Reng are very similar to the Thong Nai Pans, but on a smaller and quieter scale. The river that splits these two beaches forms Koh Phangan's most dramatic waterfall, Nam Tok Thaan Sadet, a cascading year round 4km run of rock pools and rapids. It has become a favourite place for several Kings of Thailand to visit and the waters are considered sacred.

The rocky mountainous landscape is far more rugged than the rest of the island and its uncultivated slopes are the most part original tropical rainforest; an untouched haven for wildlife. There are several impressive waterfalls to visit, Thaan Sadet National Park with its giant monitor lizards and a number of places for experienced rock-climbing enthusiasts. The landscape makes the region fairly inaccessible, thus there are no major services locally and the roads are mostly part baked clay and can be hazardous, especially in adverse weather conditions. That said, Koh Phangan's road building program has extended to this district and a concrete road all the way over the mountains will be completed soon. All of the beaches can be reached by boat taxis from Chaloklum or Haad Rin.



RECOMMENDED
Baan Panburi Village (p129)
Central Cottage (p127)
Dreamland Resort (p130)
Mai Pen Rai (p128)
Thong Ta Pan (p126)
Santhiya (p131)

BOTTLE BEACH	THAAN SADET	THONG RENG
OD Bungalow	Thaan Sadet	Thong Reng
Smile Resort	Seaview	**HAAD WAI NAM**
Bottle Beach I	JS Hut	Kung Bungalows
Bottle Beach II	Silver Cliff	Dam Bungalows
Bottle Beach III	Nid's Bungalows	

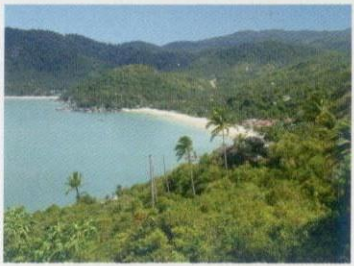
PHANGAN.INFO
WWW.PHANGAN.INFO
SECURE ONLINE CREDIT CARD RESERVATION



RECOMMENDED	THONG NAI PAN NOI	THONG NAI PAN YAI
Santhiya Resort (p131)	*Star Hut*	*Candle Hut*
Ayurvana Spa (p47)	*Sandy Bungalow*	*Dolphin Bungalows*
Baan Panburi Village (p129)	*Thong Nai Pan Resort*	*White Winds*
Central Cottage (p127)	*Hideaway Bar*	*Pingjun*
Dreamland (p130)	*Panviman Resort*	*Pen's Bungalows*
Thong Ta Pan (p126)	*Rasta Baby*	*Nice Beach*
Tropical Dive Club (p31)	*Que Pasa Mexican*	*AD View*

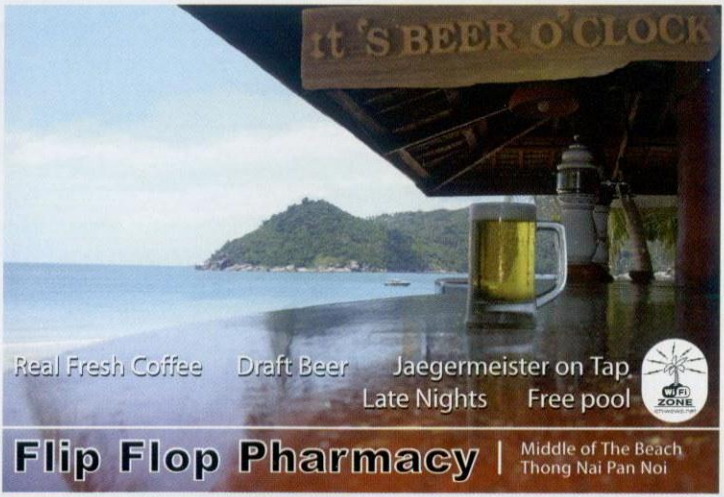
THONG NAI PAN

Thong Nai Pan (TNP) has been a major on the travelling circuit for many years with an amazingly beautiful landscape, great vibe and unique islander hospitality that can only come from this part of Koh Phangan. It really is laid back but still has plenty going on; with a selection of two beaches, countless beach bars and restaurants and loads to do locally. The mountainous terrain provides some excellent hikes and walks, with a scenic waterfall trail starting from TNP Noi that runs for about 2kms and there is endless tropical rainforest to explore. Offshore there is everything on offer from scuba diving to fishing trips and loads more if you have the energy.



TNP Noi is the busier of the two with the most nightlife but TNP Yai has a small village and more space between the rooms. Both have internet and offer a variety of rooms, from A/C suites to island style huts. No matter which you choose, they are within walking distance of each other and are both equally as rewarding.

PHANGAN.INFO



BEACHES

Bottle Beach (Haad Khuat)

Haad Khuat or Bottle Beach is one of the island's most well-known beaches and is a Mecca for long-termers and old skool Phangan aficionados. It is considered one of the most beautiful beaches on the island due to its wide golden shoreline, the lush mountainous cove surrounding it. Its inaccessibility has meant visitors tend to stay longer than a week and it is usually reached by boat taxi from Chaloklam.

Thong Nai Pan Noi

Immensely beautiful and with great swimming, the busier of the Thong Nai Pan beaches has a somewhat legendary status amongst travellers. There's a small village with a few cool bars, weekly parties, tattooists, and an old skool Phangan vibe.



Thong Nai Pan Yai

The quietest of the pair and is slightly longer with more space between rooms; equally as beautiful and also is home to the main village of the region.

Haad Sadet

The beach at the estuary of Koh Phangan's greatest waterfall and neighbouring the island's only National Park; a tropical wonderland of bohemian bungalows and chilled island vibes.



Haad Thong Reng

A few minutes walk from Haad Sadet, Thong Reng is the quieter of the two beaches and is a secluded sandy get away.

Haad Nam Tok

Haad Nam Tok or Waterfall beach is accessible via a small track and is bordered by Thaan Prawet Waterfall; it has a few good value resorts and an isolated old skool feel.



Central Cottage Resort

AIR-CON OR FAN
WHITE SANDY BEACH
RELAXING LOCATION
FRESH SEAFOOD & BBQ

GOOD SWIMMING
BOAT TRIP & SNORKELLING
E-MAIL & INTERNET







Room Price 300-2,500 BTH

CENTRAL COTTAGE

Thong Nai Pan Yai Beach 6/3 M.5 T.Bantai A.Koh Phangan
Suratthani 84280 Thailand
Tel: +66 (0)77 445128 , +66 (0)77 445031
Fax: +66 (0)77 445032
www.centralcottage.net e-mail:contact@centralcottage.net

ACCOMMODATION

Baan Panburi Village, TNP Noi (p129)
077 445074-5 or 077 238599
Most bungalows are either directly on the beach or set back no more than 20 metres - fan or air-con available. Reservations: *www.phangan.info/baanpanburi.*

Central Cottage, TNP Yai (p127)
077 445128 or 077 238586
A good variety of modern air-con and cheaper fan bungalows on the beach. Regular boat trips and beachfront BBQs. Reservations: *www.phangan.info/centralcottage.*

Dreamland Resort, TNP Yai (p130)
077 238539 or 077 238549
Modern wooden/concrete bungalows with air-con or fan available. Beachfront restaurant with supermarket and internet. Reservations: *www.phangan.info/dreamland.*

Mai Pen Rai, Haad Sadet (below)
077 445090
Classic fan bungalows on the beach or along the coast with sunrise sea views – 'for nature lovers and artists' – a perfect place to relax and take it easy. Reservations: *www.phangan.info/maipenrai.*

Panviman Resort, TNP Noi
077 445101-9
Air-con hotel rooms, deluxe family cottages or exclusive penthouse suites. Facilities include sunrise viewpoint swimming pool, massage and spa, restaurant on a private beach area. Reservations: *www.phangan.info/panviman.*

Santhiya Resort (opposite)
077 238333, Thong Nai Pan Noi
Luxury resort with private beach; villas and bungalows naturally set around a scenic cove all with seaviews and direct access to

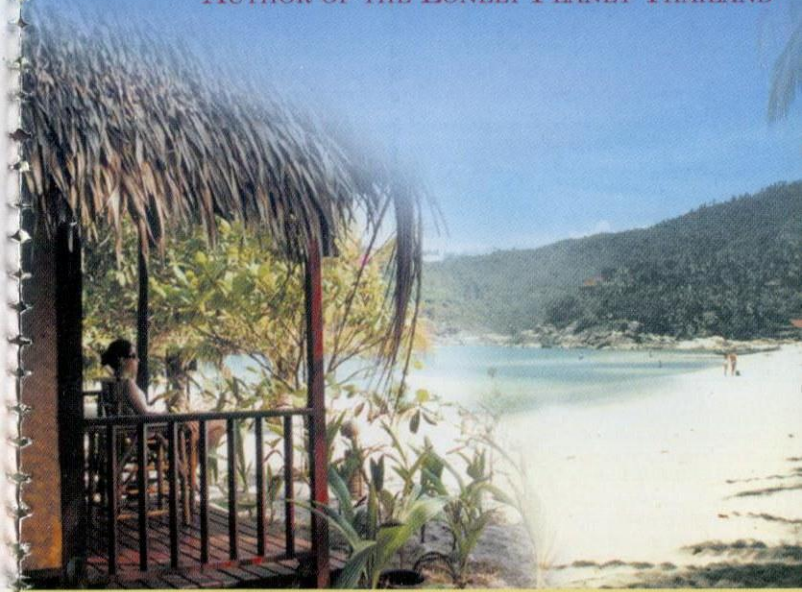


Visit Phangan Island
Stay at

Baan Panburi

'the kind of beach place I like most'

JOE CUMMINGS
AUTHOR OF THE LONELY PLANET THAILAND



Rates from THB 420-1,600 Tel. 077-238 599
Baan Panburi Village, Thong Nai Pan Noy Bay - 300 Meters of Beach Front
www.baanpanburivillage.com Taxi from Piers THB 100

the beach. Pick-up by speedboat direct to the resort, call for details.

Thong Ta Pan, TNP Noi (p127)
077 445067 or 077 238538
The bungalows are all fan and come in a classic wooden style. Reservations: *www.phangan.info/thongtapan.*

RESTAURANTS

Baan Pong
Thong Nai Pan Noi (p124)
Serving up a mixture of Thai and International fusion food you'll find some interesting treats to tempt the tastebuds on the menu.

BARS & CLUBS

Flip Flop Pharmacy (p125)
Thong Nai Pan Noi
Directly on the beach, the new Flip Flop Pharmacy bar has been serving happy customers since opening early 2005. The bar offers FREE pool, fresh draft beer, jaegermeister on tap, an array of sumptuous cocktails. World Cup Football live matches shown on large projector screen.

ADVENTURE & ACTIVITIES

Tropical Dive Club (p31)
077 445081, Thong Nai Pan Noi
Based on the middle of the beautiful beach at Thong Nai Pan Noi, the Tropical Dive Club runs a speedboat (maximum 10 people) direct from the bay to mostly local dive sites. The speedboat departs at 12:00 noon every day weather permitting. Snorkellers welcome to join..

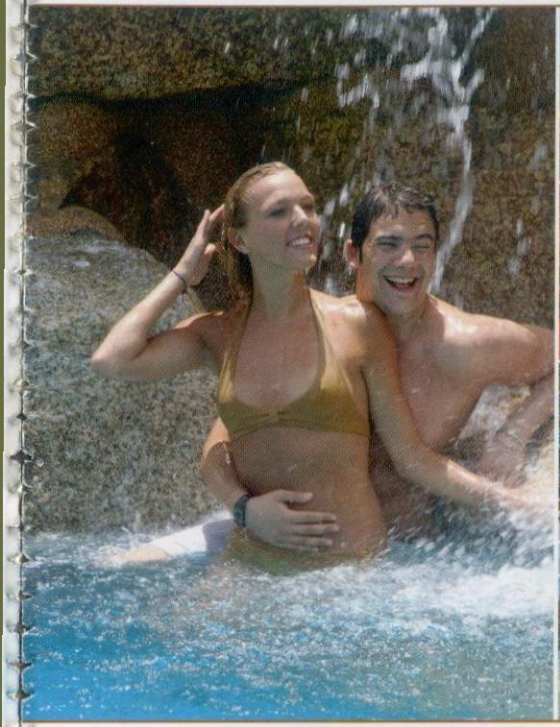
HEALTH & SPA

Ayuvana Spa (Santhiya Resort)
Thong Nai Pan Noi (p47)
Special promotions available until December 15th 2006, take away the strains and relax in this secluded haven.



The First Luxury Resort
on Koh Phangan ... with Pure Nature

Santhiya Resort & Spa











Soft Opening Promotion, August 1st - November 30th, 2006

- Stay 4 nights, Pay only 3 nights
- Stay 7 nights, Pay only 5 nights

Special Benefits

- Complimentary round-trip Speed Boat transfer from Koh Samui
- Daily full buffet breakfast, including the free night(s)
- Complimentary wireless internet access (Chantara Restaurant area)

22/7 Moo 5, Bantai, Koh Phangan, Suratthani 84280, Thailand
Tel: +66 (0) 77 238333 Fax: +66 (0) 77 238909 E-mail: info@santhiya.com

www.santhiya.com

BUSINESS DIRECTORY

ACCOMMODATION

(AC=air con, F=fan, HW=hot water, TV=satellite, SW=swimming pool, SP=spa)

Resort Name	Location	Telephone No.	Facilities	Page No.
Baan Panburi Village	Thong Nai Pan Noi	077 238599	AC,F,HW	129
Baan Talay Guesthouse	Haad Rin Central	077 375083	AC,F,HW	92
Blue Hill Resort	Haad Rin Nai	09 8127800	AC,HW,SW	105
Bounty Resort	Haad Son	077 349105	AC,F,HW,SW	113
Buakao Inn	Thongsala	077 377226	AC,F,HW	81
Central Cottage	Thong Nai Pan Yai	077 445128	AC,F,HW,TV	127
Chaloklum Bay Resort	Chaloklum	077 374147-8	AC,F,HW	Front
Chills Bay Resort	Sri Thanu	07 2674016	AC,F,HW,SW	117
Coco Hut Village	Haad Seekantang	077 375368	AC,F,HW,TV,SW	99
Cookies Bungalows	Ao Plaay Laem	077 377499	F, AC, SW	59
Delight Resort	Haad Rin	077 375527-9	AC,F,HW,TV,SW	98
Dew Shore Bungalows	Ao Ban Tai	077 238128	F,AC,HW,TV,SW	80
Dreamland Resort	Thong Nai Pan Yai	077 238539	AC,F,TV	130
Drop In Club Resort	Haad Rin Central	077 375444-7	AC,HW,TV,SW,SP	143
Garden Lodge	Ban Tai	077 377446	F, AC, TV, SW	80
Grand Sea Resort	Ao Nai Wok	077 377776-7	AC,HW,TV,SW,SP	71
Green Papaya Resort	Haad Salad	077 349280	AC,HW,TV,SW,SP	139
Haad Son Resort	Haad Son	077 349103-4	AC,F,HW,TV,SW	1
Hansa Resort	Ao Ban Tai	077 377494	AC,F,HW,TV	77
Harmony Beach	Ao Hin Lor	06 8854646	AC,F,HW,SW	101
Lighthouse Bungalows	Haad Seekantang	06 0948004	F	99
Long Bay Resort	Haad Yao	077 349057-9	AC,F,HW,TV,SW	3
Mae Haad Cove	Haad Mae Haad	077 374254	F	122
Mai Pen Rai Bungalows	Haad Sadet	077 445090	F	128
Milky Bay Resort	Ao Ban Tai	077 238566	AC,F,HW,TV,SW	79
Neptune's Villa	Haad Rin Nai	077 375251	AC,HW	103
Ocean View Resort	Haad Khom	077 377231	F,HW	115
Palita Lodge	Haad Rin Nok	077 375170-2	AC,HW,TV	93
Panviman Resort	Thong Nai Pan Noi	077 445101-9	AC,HW,TV,SW,SP	130
Phangan Bayshore	Haad Rin Nok	077 375224-227	AC,F,HW,TV	90
Phangan Centerpoint	Thongsala	077 377232	AC,F,TV	83
Phangan Beach Resort	Ao Ban Tai	077 238809-10	AC,HW,TV	85
Phangan Buri Resort	Haad Rin Nai	077 375481/489	AC,HW,TV,SW,SP	107
Phangan Utopia	Haad Thong Lang	077 374093	AC,F,HW,SW	**
Rin Beach Resort	Haad Rin Nai	077 375112	AC,F,HW	102
Salad Beach Resort	Haad Salad	077 349149	AC,HW,TV,SW	121
Same-Same Lodge	Haad Rin Nok	077 375200	AC, F, HW	88
Sandy Bay Bungalows	Haad Yao	077 349119	AC,F,HW,TV	119
Sarikantang	Haad Seekantang	077 375055-7	AC,F,HW,TV,SW	100
Santhiya Resort & Spa	Thong Nai Pan Noi	077 238333	AC,HW,TV,SW	131
Sunset Cove	Haad Chao Phao	077 349211-2	AC,HW,TV,SW	135
Thong Ta Pan	Thong Nai Pan Noi	077 238538	F,HW	126

Tranquil Bungalows	Ao Nai Wok	077 377433	AC,F,HW,TV	**
Venus Resort	Haad Rin Nok	077 375011	AC,F,HW	91
Village Green Bungalows	Haad Chao Phao	077 349217-8	AC,F,HW	111
Weang Thai Resort	Ao Ban Tai	077 377247	AC,F,HW,TV,SW	32

RESTAURANTS

Restaurant Name	Location	Telephone No.	Food Served	Page No.
A's Coffee Shop	Thongsala	077 377226	Thai & International	81
Ando Loco	Thongsala	06 7807200	Mexican	81
Bamboozle	Haad Rin	07 8964941	Mexican	89
Bite Bar	Haad Rin	077 375544	Israeli & International	**
Big Mango	Thongsala	01 8046059	Thai & International	73
BT Restaurant	Haad Rin Pier	077 375255	Thai & International	**
Casa Italiana	Thongsala	06 9524563	Italian	**
Jumunjy	Thongsala	09 6524280	Thai & International	72
Jungle Gym Cafe	Haad Rin & Thongsala	077 375115	Juice Bar & Cafe	53
Om Ganesh	Haad Rin Pier	06 0632930	Indian	99
Outback Bar	Haad Rin Central	077 375126	Thai & International	**
Pizza Chiara	Thongsala	077 377626	Italian	**
Regano (at Milky Bay)	Ao Ban Tai	077 238566	Italian & Thai	79
Vantana	Thongsala	077 238813	English & Thai	75
Village Green	Haad Chao Phao	077 349217-8	English & Thai	111
Yellow Cafe	Thongsala	077 238615	Cafe	75

SCUBA DIVING (see page 24)

Dive Shop Name	Location	Telephone No.	Website
Black Tip Diving	Koh Tao	077 456488	www.blacktipdiving.com
Chaloklum Diving	Chaloklum	077 374025	www.chaloklum-diving.com
Haad Yao Divers	Haad Yao	077 349119	www.haadyaodivers.com
Lotus Diving	Chaoklum	077 374142/097	www.lotusdiving.com
MTF Diving	Ao Ban Tai	077 377247	www.mtfdiving.com
Tropical Dive Club	Thong Nai Pan Noi	077 445081	www.tropicaldiveclub.com

ADVENTURE & ACTIVITIES (see page 52)

Name	Location	Telephone No.	Specialities
ATV Excite Quad Bikes	Thongsala	01 8046059	Quad Biking
Castaway Catamarans	Haad Rin	09 2893355	Sailing
Cookies Sailing	Ao Plaay Laem	077 377499	Sailing & Windsurfing
Eco-Nature Tour	Chaloklum	077 374159	Around the Island Tour
First Bow & Arrow Club	Chaloklum	01 2740173	Archery Range
Jungle Gym	Haad Rin, Thongsala	077 375115	Yoga,Fitness & Kick Boxing
Phangan Adventure	Chaloklum	077 374142/097	Trekking, Watersports, Biking
Phangan Safari	Chaloklum	01 8953783	Elephant Safari
Reggae Magic Boat Trip	Haad Rin	01 0859137	Island Longtail Boat Trip
Rin Beach Tours	Haad Rin	077 375385	Ang Thong Marine Park Trip
Same-Same Cooking	Haad Rin	077 375200	Thai Cooking School
Snoop Dogg Boat Trip	Haad Rin	09 5293828	Island Longtail Boat Trip
Thai Boxing Lessons	Thongsala	06 9538253	Learn Thai Boxing
The Living Room	Thongsala	09 6524280	Movies on 5m Screen

BARS

Name	Location	Telephone No.	Specialities
Apple Bar	Haad Yao	09 5904221	Sunday Party with Live DJs
Chequered Flag	Thongsala	07 8914172	Live Sports, Projector Screen
Flip Flop Pharmacy	Thong Nai Pan Noi	077 445081	Beachfront Bar & Monthly Parties
Illusion Lounge	Haad Rin	07 9785839	House Music with Comfy Seating
Jumunjy	Thongsala	09 6524280	Cosy Bar, Hammocks
Longshot Bar	Thongsala	04 0613394	Free Pool, Happy Hours 8-10pm
Outback Bar	Haad Rin Central	077 375126	International DJs

HEALTH & SPA (see page 40)

Name	Location	Telephone No.	Specialities
Ayurvana Spa (Santhiya)	Thong Nai Pan Noi	077 238333	Spa & Massage
Phangan Leela Spa	Haad Rin	077 375563-4	Massage School
Monte Vista Retreat Centre	Thongsala	01 7477329	Retreat Centre
Sanctuary	Haad Thian	01 2713614	Retreat Centre
Sarai Spa at Sarikantang	Haad Leela	077 375055-6	Spa & Massage
Siam Healing Centre	Haad Rin Nai	077 375450-1	Massage School
Yoga Retreat	Haad Salad	077 374310	Yoga

SHOPS

Name	Location	Telephone No.	Specialities
Friendly Shop	Thongsala	077 238328-9	Mobile Phone, CD, Internet
Himalayan Art Gallery	Haad Rin	06 0632930	Pashmenas, Art, Gift Shop
U-Turn	Haad Rin	077 375255	Clothes Shop

TRAVEL & TOUR AGENTS (see page 20)

Name	Location	Telephone No.	Services
Backpackers Information	Haad Rin	077 375535	Travel, Internet, Tours, Diving
MTF Travel	Thongsala	077 377247	Travel, Internet, Tours, Diving
Phangan Tour	Suratthani	077 205799	Bus Service to/from Suratthani
Udomrat Tour	Suratthani	077 210512	Bus, Mini-bus Travel Services

BUSINESS SERVICES

Name	Location	Telephone No.	Services
Baan View Talay	Thong Nai Pan	077 377018	Development Project
KP Earth Science	Thongsala	077 377018	Surveying Services
KP Property	Thongsala	077 377018	Property Sales, Real Estate
Phangan Info	Thongsala	077 238765	Advertising & Marketing
Pauls Boatyard	Thongsala	09 6505603	Boat Repairs and Services
NAT	Koh Samui	077 230831	Accounting Services
Safe Storage	Thongsala	09 6505603	Storage Facility
VG Developments	Thongsala	077 238589	Construction

TRAVEL SERVICES (see page 14)

Name	Location	Telephone No.	Services
999 Government Bus	Ban Tai	077 238507/762	Bus Service to/from Bangkok
Bangkok Airways	Koh Samui	077 422512-9	Flights to/from Koh Samui
Haad Rin Queen	Haad Rin	077 375113	Ferry to/from Big Buddha (Samui)

Lomprayah Catamaran	Thongsala	077 238412	Ferry to/from Samui/Koh Tao
Night Boat	Thongsala	*** ***	Night Ferry to/from Suratthani
Phangan Cruiser	Thongsala	077 377274	Ferry to/from Samui/Koh Tao
Raja Ferry	Thongsala	077 377452-3	Ferry Service to/from Suratthani
Seatran Ferry	Thongsala	077 238129	Ferry Service to/from Surat/Samui
Songserm Express Boat	Thongsala	077 377704	Ferry Service to/from Surat/Samui
State Railway Thailand	Bangkok	022 204334	Train Service to/from Bangkok

PUBLIC SERVICES

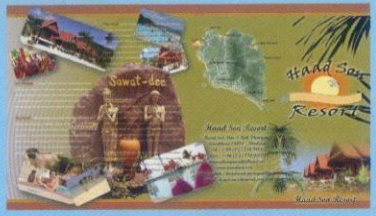
Name	Location	Telephone No.	Map (page number)
Emergency Call	n/a	191	n/a
Haad Rin Inter Clinic	Haad Rin	077 375342	09
Koh Phangan Hospital	Wok Tum	077 377034	08
Samui Immigration	Koh Samui	077 421069	n/a
Phangan Animal Care	Ban Tai	077 238375	10
Police Station	Thongsala	077 377114	70
Post Office	Thongsala	077 377118	74
Rescue Service	Thongsala	077 377500	09

MONEY (see page 07)

Name	Location	Telephone No.	Service
Bank of Ayuddhya	Thongsala	077 377044	Western Union
Mastercard Hotline	n/a	001800118870663	Lost Credit Car
Siam City Bank	Thongsala	077 377051-4	Western Union
Siam Commercial Bank	Thongsala	077 377111	Money Gram
VISA Card Hotline	n/a	0018004413485	Lost Credit Card



PHANGAN.INFO



4-Fold Brochures



A3 Posters



3-Fold

DESIGN & PRINT



2-Fold



Flyers



Special Prints

CALL 077 238765

WEB DESIGN & HOSTING



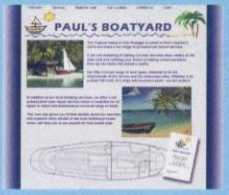
www.chaloklumbay.com
HTML Design



www.phangan.info
Online Reservation



www.mintbar.com
Flash Design



www.paulsboatyard.com
Database Dynamic Content



CALL NOW!







PHOTOGRAPHY

PHA-NGAN SAFARI

ECO-NATURE TOUR

1 day or 1/2 day tours
trip includes:
meal and drinks
resort transfer
full insurance
(Don't forget towel, swimming suit, camera, shoes)



Call us now! 077 374159, 01 8953783 or 04 8506273



Green Papaya Resort







18 Luxurious Cottages & Rooms

Panoramic Restaurant

Swimming Pool

Lush Gardens

Green Papaya

64/8 Moo 8, Salad Beach, Koh Phangan, Suratthani 84280
Tel: 077 349 280 or 077 374 230, Tel/Fax: 077 349 378
www.greenpapayaresort.com, info@greenpapayaresort.com

Haad Son Resort
Tel: 077 349104, Fax: 077 349103

LONG SHOT BAR
come join us in Thongsala
Imported Beers (strongbow, erdinger, corona)
Happy Hours 8-10pm every night
Live Sporting Events on Projector
Free Pool, Darts & Table Football

Neptune's Villa
Haad Rin Sunset Beach
Tel: 077 375251
Fax: 077 375301





THAI TRANSLATION - COMMON TERMS THAT MAY BE HELPFUL

Map References		Services		Useful Phrases	
Ao	Bay	Rong Payaabaan	Hospital	Khawp Khun	Thank you
Haad	Beach	Raan Khai Yaa	Pharmacy	Sawas-dii	Hello
Baan	Town	Tam Ruat	Police	Khaw Thort	Excuse Me
Nam Tok	Waterfall	Praisanii	Post Office	Khao Jai	I Understand
Phuu Khao	Mountain	Thanaakaan	Bank	Yaak Dai....	I Would Like...
Dam Nam	Snorkelling	Hotel	Rong Raem	Pai	Go
Reua	Boat/Ferry	Taa Reua	Pier	Thao Rai	How Much?
Koh	Island	Songthaew	Taxi	Meua a-rai	When?
Laem	Point	Talaat	Market	Chawp	I Like



PROPERTY SALES

LUXURY VILLA RENTAL

PROJECT/CONSTRUCTION MANAGEMENT

SITE LOCATION AND ACQUISITION

LAND TITLE SEARCH

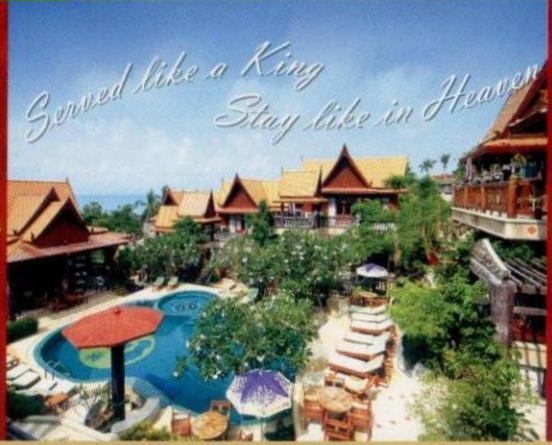
INVESTMENT OPPORTUNITIES

PHONE: 077238182 FAX: 077238181

MOBILE: 078983918 / 071119754

WWW.KOHPHANGANHOLIDAYHOMES.COM

113/5 MOO1, KOH PHANGAN, SURATTHANI, 84280 THAILAND





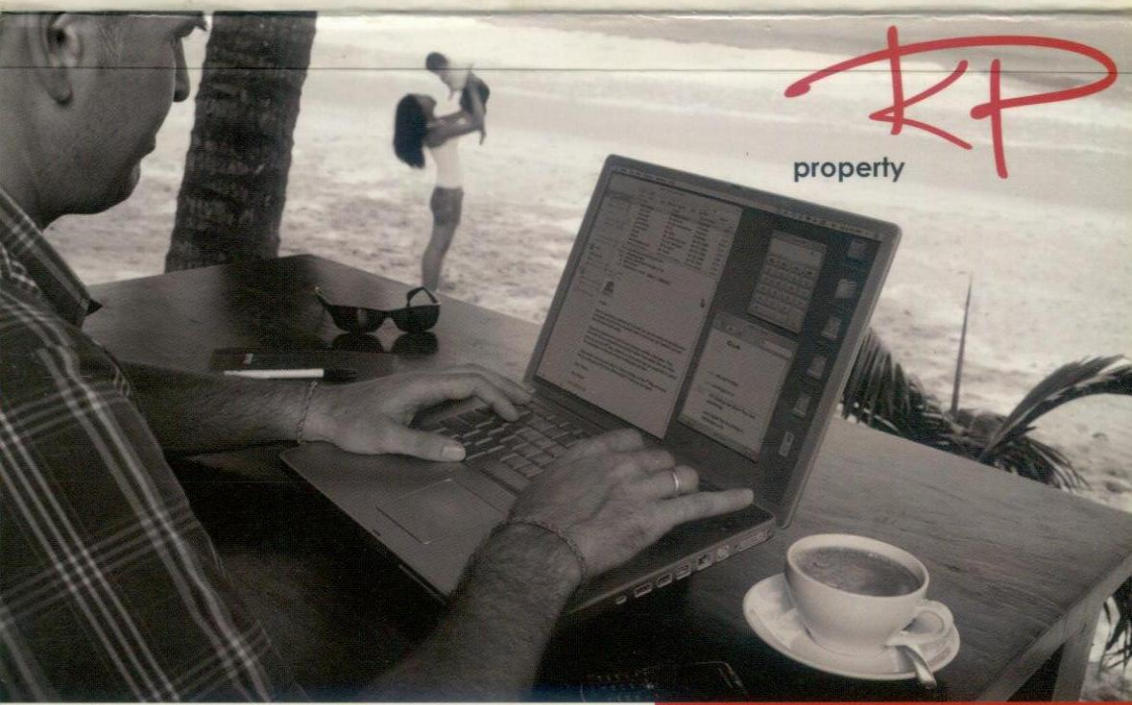




- RESIDENT & TOURIST INFORMATION
- AIR-CONDITIONED ROOM
- IN-ROOM COFFEE/TEA
- IN-ROOM MINIBAR
- IN-ROOM SAFE
- SPA/TREATMENT CENTRE
- SWIMMING POOL
- RESTAURANT
- POOL BAR

DROP IN CLUB
RESORT & SPA
HAADRIN KOHPHANGAN THAILAND

Drop In Club Resort & Spa
154/1-10 Haad Rin, Baan Tai, Koh Phangan, Suratthani 84280
www.dropinclubresortandspa.com
info@dropinclubresortandspa.com or dropinclub@hotmail.com
Tel: 077 375444-7, Fax: 077 375448



KP
earth science

www.kp-propert y.co m
+66 [0]77 377018
info@kp-propert y.co m

www.kp-earthscience.co m
+66 [0]77 238957
info@kp-earthscience.co m

another hard day at the office...

KP Group of Companies